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A message in the interest of better health from

Pfizer

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AMERICA'S LEADING HEALTH MAGAZINE
PREVENTION®
December 1988 Vol. 40, No. 12

SPECIAL SECTION

33 **cure** 101 NEW HEALTH SOLUTIONS

44 TRAINING THE BODY TO CURE ITSELF
The new medical science of conditioning may one day tackle arthritis, lupus . . . even cancer

48 HI-TECH HEALERS FROM NATURE'S MEDICINE CHEST
Scientific research is taming drugs from the wild and bringing them to the pharmacy

Plus News Bulletins on:
34 CARDIOVASCULAR HEALTH
38 BEATING CANCER
42 TIP-TOP DIGESTION
51 MIGRAINE RELIEF
52 WOMEN'S HEALTH
55 OUTWITTING ARTHRITIS
56 DEFEATING DIABETES
58 SUPER SKIN

WITH THE EDITOR
27 **A BIG LESSON FROM A LITTLE MINERAL**
What the trace element boron can teach us about strategies for better health ▨ by Robert Rodale

NUTRITIONAL MEDICINE
29 **SHATTERING THE PROTEIN MYTHS**
What you don't know about excess protein can hurt you ▨ by George L. Blackburn, M.D., Ph.D.

HEALTH ACADEMY
66 **INTENSIVE HEALING FOR PETS**
FROM THE TUFTS NEW ENGLAND VETERINARY MEDICAL CENTER
Breakthroughs in veterinary medicine that can help you keep your pet healthy for life

p. 84

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WALKER'S WORLD

70 TRAMPING THROUGH TEMPERATE RAIN FORESTS
The Prevention Walking Club explores the heights and grandeur of British Columbia

BODY MAKEOVERS

80 SHE'S DOING A VICTORY DANCE
A boost of confidence was all Sandra Clarke needed to start her on the road to weight loss

PREVENTION CUISINE

84 A HEART-HEALTHY HOLIDAY FEAST
A SPECIAL GUEST-CHEF PROFILE
America's leading expert on entertaining creates a lavish—but low-fat—dinner for eight

95 HEALTHY MICROWAVING: EMERGENCY ENTERTAINING
Healthy holiday hors d'oeuvres at a moment's notice

HIGH NUTRITION

98 HEALING WITH FOOD: THE YEAR'S HOTTEST RESEARCH
Our annual review of the best new findings on diet and disease

p. 106
BARBOUR

MEDICATION UPDATE

106 WHEN FOOD AND DRUGS DON'T MIX
Game plans for getting maximum healing power from every drug you take

Departments

8 HEALTH FRONT
20 NUTRITION NEWS
24 MAILBAG
117 PREVENTION PLANNER
122 DICTIONARY OF HEALING TECHNIQUES & REMEDIES
144 THE PREVENTION SYSTEM

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AMERICA'S LEADING HEALTH MAGAZINE
PREVENTION®

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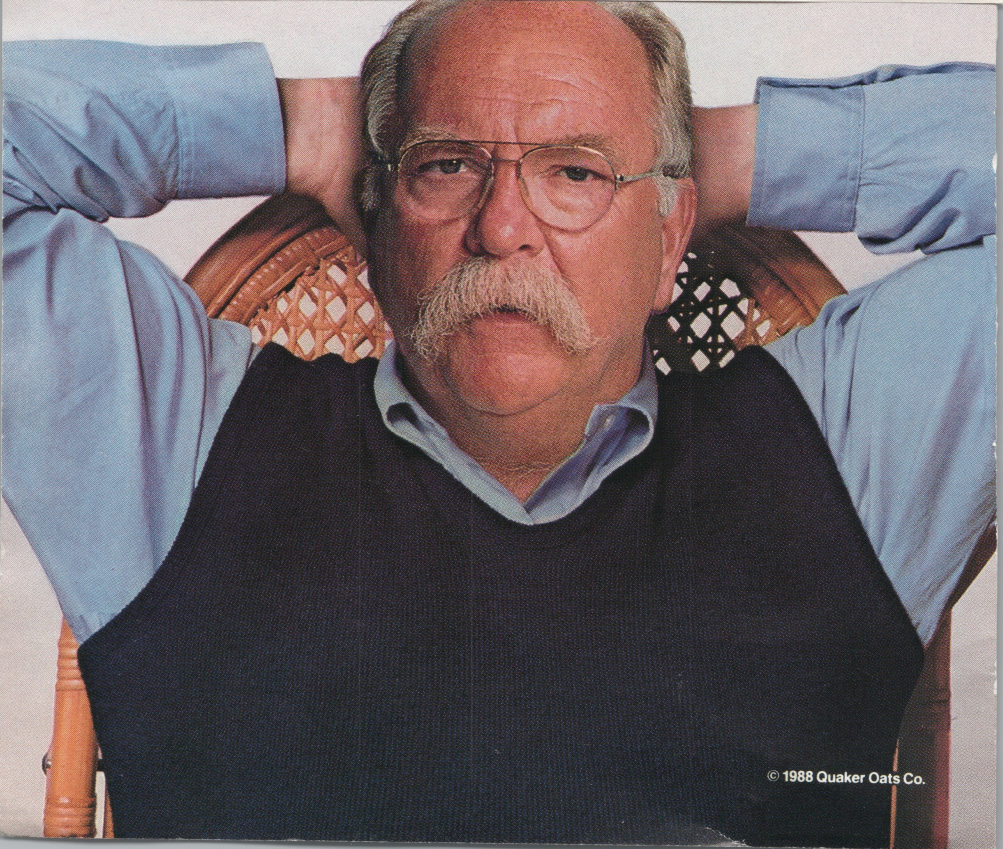

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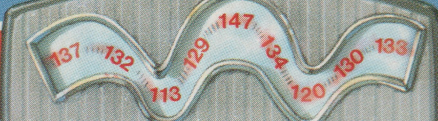

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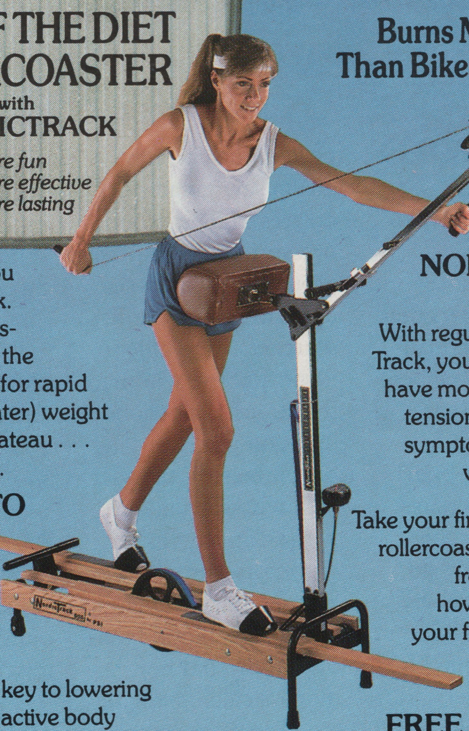

You diet. You lose. You falter. You gain it back. Maybe a bit more. Discouraged, you begin the cycle over, destined for rapid initial (and mostly water) weight loss, followed by a plateau . . . and the dieting blues.

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HEALTH FRONT

Today's top medical news and feel-better tips

LOWERING BLOOD PRESSURE

Who responds best to calcium?

Research shows that supplemental calcium lowers some people's blood pressure dramatically while it has no effect or even raises blood pressure in others. So the big question is: How do you predict which hypertensives will be helped by calcium? Recently, researchers at Purdue University in Lafayette, Indiana, came closer to an answer.

For 12 weeks, they gave half of a group of 75 men with normal blood pressure 1,500 milligrams of calcium daily and gave the other half placebos, or blank pills. As expected, the calcium group saw greater decreases in their blood pressure than the other group. But within the calcium group, the researchers were able to identify those who had the largest reductions in blood pressure. The big winners were older men who started out with relatively higher blood pressure, lower blood levels of calcium and higher blood levels of parathyroid hormone, a calcium regulator (*American Journal of Clinical Nutrition*, volume 47, 1988).

It may be a while, however, before science can turn data like this into a simple medical test that'll tell you if you're one of the lucky "calcium-responders." In the meantime, these researchers say that the best bet regarding calcium is for hypertensives to play it safe by getting 800 mg. of calcium a day.

TARGET HEART RATE

After exercise, take your pulse at the right spot

Warning: Taking your pulse at your neck after a workout may be hazardous to your health.

MICHAEL KELLER

Why? Because pressure on the carotid artery in your neck can slow your heart rate too much—almost instantly. Researchers at the University of Southern Mississippi have found that people who take their pulse at their neck after exercising have a drop in heart rate of 3 to 12 beats per minute—a drop that occurs within 10 seconds of applying pressure. The big danger in this pressure drop is that people can easily underestimate the intensity of their workout.

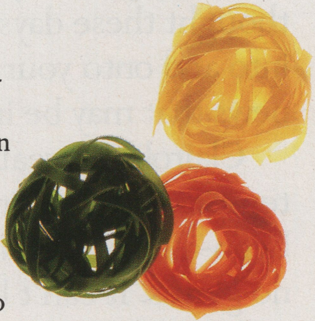
And for some, the sudden slowing due to pressure on the carotid could mean dizziness, fainting or, rarely, heartbeat irregularities (*Medicine in Sports and Exercise*, volume 17, 1985; *Annals of Sports Medicine*, April 1988).

So stick with a wrist pulse, which doesn't affect heart rate, especially if you're a heart patient.

PASTA POSSIBILITIES

This low-fat, high-carbohydrate fare will never be the same

Standard "white" pasta has been a respectable staple of heart-healthy diets—dressed for success with spicy shrimp, marinara sauce, stir-fried veggies and more. But new-wave pasta is here. You'll be able to spot it because it comes in colors—pink, green, orange, even black—the result of using flours made from foods like spinach or beets. And it's seasoned with everything from saffron to squid ink.



UDO KILLIAN / THE IMAGE BANK

Nutritionally, the new pastas are about equal to the old. Each two-ounce serving has virtually no fat, about 7 grams of protein, 200 calories, about 111 milligrams of potassium, 15 to 20 mg. of calcium, and about 2 mg. each of iron and niacin.

BEYOND BUTTER

These substitutes add flavor, not fat

Can't stomach your baked potato without a pat of butter but don't want the extra calories or fat? Try butter substitutes. Products like Butter Buds Sprinkles or Molly McButter taste like butter but have *no* fat or cholesterol and only four calories per half-teaspoon serving. They're best sprinkled on hot, moist foods like cooked cereal, hot pasta, steamed vegetables or shellfish, or mixed into cake batters, casseroles or sauces. They can't be used for frying.

These products are

IS GENTLE GEN

You're probably giving more thought these days to what you put into and onto your body. Here's news that may be important to you.

Clairol has created the first temporary color rinse that's hypo-allergenic. No allergy test, no gloves. It can't harm a hair on your head. You simply work it into your hair after shampooing, and it

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TLE ENOUGH?

washes out with your next shampoo.

Instant Beauty* will brighten gray hair with highlights and shine, cover gray completely or tone down brassiness. Its thick, rich formula adds body, too.

Look for your shade of Instant Beauty.* Because yesterday's color rinse may not be gentle enough.

Clairol introduces INSTANT BEAUTY*

The first hypo-allergenic temporary color rinse.

NEW
CLAIROL
INSTANT BEAUTY

mostly maltodextrin, a sweet-tasting corn starch, with natural butter flavor and other ingredients. *Prevention* taste-testers thought Butter Buds Sprinkles, with 33 milligrams of sodium per serving, tasted like sweet butter, while Molly McButter (90 mg. of sodium) matched regular butter's taste.

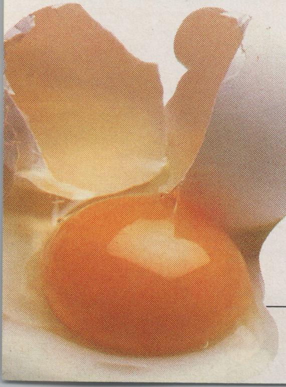
'EGG-ZACT' RECOMMENDATIONS

How egg lovers can safely eat their fill

An occasional egg or two complements any healthy diet. But recent findings show that in rare cases eggs can be contaminated with salmonella, bacteria that can cause food poisoning. So some simple precautions are in order.

The American Egg Board recommends that you:

- Cook scrambled eggs until all liquid is gone. Cook fried, poached or soft-boiled eggs until the yolk sets and the white congeals. Thorough cooking destroys salmonella bacteria.
- Consider homemade versions of mayonnaise, hollandaise sauce, eggnog and some ice creams as "high-risk" foods. They often contain raw eggs, which are most likely to be contaminated.
- Keep both raw and cooked eggs cold. Buy only eggs that have been stored under refrigeration.
- Store raw eggs, in their carton, for up to five weeks; hard-boiled eggs, for up to one week. Use only clean, unbroken eggs. If you're in doubt, throw it out.



HENRY WOLF / THE IMAGE BANK

BOOSTING IMMUNITY

Could aspirin help the body fight off disease?

Their research is still in the preliminary stage, but scientists have been accumulating evidence that ordinary aspirin may strengthen our immunity and help fight off disease. The latest reports:

- Researchers at George Washington University gave 10 people an aspirin every other day for six days; and another 10 placebos, or blank pills. Twenty-four hours after the first pill, each subject was exposed to a common cold virus. Then the scientists observed some striking differences in the two groups. Although cold symptoms and duration were about the same for all the subjects, people in the aspirin group had a threefold increase in blood levels of two infection-fighting biochemicals, interferon and inter-

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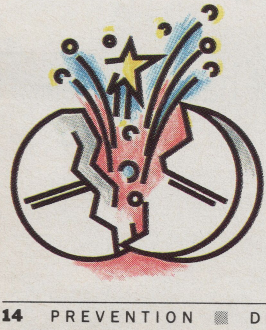
leukin-2. The blank-pill group had no such response.

Because of these promising results, the researchers now want to see if taking aspirin before getting a flu vaccination increases the vaccination's effectiveness. They're quick to point out, however, that their study does *not* mean that people should be taking aspirin to ward off infection. For one thing, the immune-boosting effect lasts only a few days before tolerance sets in.

■ In research at the Karolinska Institute in Stockholm, Sweden, scientists looked at the effect of aspirin on women undergoing radiation therapy for breast cancer. Such therapy usually leads to a temporary reduction in immunity that can make patients vulnerable to infection. But the researchers found that the women who took aspirin during therapy returned to normal immune status sooner than those who didn't.



BILL FRAMPTON

Medical-Care News

NEW ARTHRITIS DRUG

An anti-inflammatory used worldwide gets FDA approval

An antiarthritis drug that's been popular for years everywhere but the United States has received the Food and Drug Administration's stamp of approval. The drug, diclofenac sodium (sold as Voltaren), will be available by prescription for osteoarthritis, rheumatoid arthritis and ankylosing spondylitis. Its advantages, particularly for older people: It's quickly eliminated from the bloodstream but continues to work in the joint fluid for up to 24 hours, which means it's less likely than other anti-inflammatories to build up to toxic levels.

WAR ON WARTS

New interferon injections may be better than standard treatments

Alpha interferon injections have been approved by the FDA as a new treatment for genital warts. A protein that fights virus infections, interferon is injected directly into the warts. In studies, this treatment has been found to work better than freezing, burning or chemical peel at preventing recurrences of warts. But it's more costly and time-consuming, researchers

Why are doctors recommending Tums to women who don't have heartburn?

For one simple reason: Tums®—the very same Tums that is America's best-selling antacid tablet—also happens to be an unbeatable source of calcium.

That's why thousands of doctors across the country are now recommending Tums over other, more expensive calcium supplements.

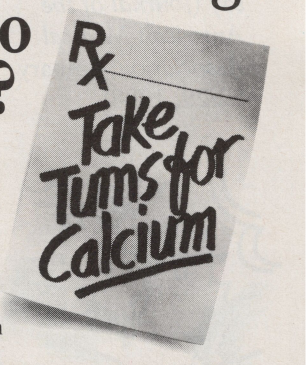
How can an antacid be a calcium supplement?

For over 50 years, Tums has been made from calcium carbonate because it's a fast-acting, effective acid neutralizer. Calcium carbonate is also one of the purest, most easily absorbed forms of calcium. It's the preferred source of calcium for supplementation, and almost all leading calcium supplements are made from it.

So whether you need antacid relief or extra calcium—or *both*—you can take Tums with complete confidence.

Are all antacids rich in calcium?

No. Most other antacids contain no calcium. They're made with ingredients like aluminum and magnesium.



What makes Tums better than other calcium supplements?

Even though most calcium supplements contain calcium carbonate, they are not all the same. For example, laboratory tests* prove that Tums dissolves in less than half the time most leading calcium supplements take. And any doctor will tell you that unless calcium carbonate is completely dissolved before it leaves your stomach, it cannot deliver the maximum calcium benefit to your body.

Tums is less expensive than most calcium supplements—it's about *half* the price of the largest selling brand. And good-tasting Tums tablets are chewable—they can be taken anytime, anywhere...without water.

Don't wait till you have heartburn to get the extra calcium you need. Ask your doctor about Tums for calcium.

Does your calcium supplement dissolve in time to work?

A recent study published in *American Pharmacy*, the journal of the American Pharmaceutical Association, reported on the dissolution rates of the leading calcium supplement products. While most of the major brands passed the test, only Tums tablets were completely dissolved at the end of the 30-minute test period. The other leading supplements were only partially dissolved...and many bargain brands hadn't even begun to break down.

Product	*% Dissolved in 30 min.*
Tums®	*100*
Suplical™	*98*
Os-Cal® 500	*87*
Caltrate® 600	*69*

*For a copy of these test results send your name and address to: TUMS, P.O. Box 3830, Dept. PR, Stamford, CT 06905.

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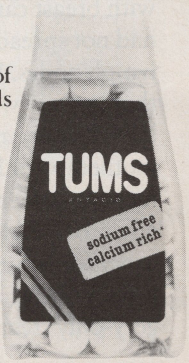
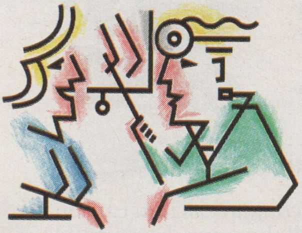


Tums. More than just a great antacid.

say (*Journal of the American Medical Association*, January 22/29, 1988).



BILL FRAMPTON

ANTICANCER TACTICS

Do women who've had breast cancer surgery need additional treatment?

A recent "alert" from the National Cancer Institute reported the preliminary results of three unpublished studies on breast-cancer treatment. The studies looked at women with breast cancer that had not spread to their lymph nodes. It found that in these women both surgery *and* chemotherapy or hormone treatment generally provided longer cancer-free survival time than the usual surgery-only treatment. (The supplemental treatment was started no more than six to eight weeks after surgery.)

Does this mean that every woman who's had breast-cancer surgery should also have chemotherapy or hormone treatment? Experts say no. It *does* mean these women need to make sure they get appropriate additional treatment if they need it. That's not something that automatically happens, says former National Cancer Institute director Vincent DeVita, M.D.

So how do you make sure you're one of the women who gets maximum appropriate care? At the very least, you can ask your doctor to explain the rationale for treatment and consider getting a second opinion. But the most important step is to ask a tumor specialist (oncologist), your surgeon or a radiotherapist to review your medical records. This advice applies

PAINLESS INJECTIONS

Topical anesthetic can replace scary needles

If you've ever been sewn up after a close encounter with a sharp object, you know that the anesthetizing injections you get before suturing can really hurt. And for kids, these shots can be especially scary.

That's why you may want to ask your pediatrician or emergency-room doctor about using a topical anesthetic. One particularly effective one, tetracaine adrenaline cocaine, has been around since the 1970's, but doctors often need to be reminded to use it. A gauze patch soaked with the solution is placed over the wound for 15 to 20 minutes before suturing.

even if you had breast-cancer surgery years ago.

You can also ask your doctor to test the tumor for estrogen receptors, a procedure that can help determine if you need hormone therapy. And before surgery, you may want to ask about checking your tumor with "DNA flow cytometry." This sophisticated new test appears promising in determining a tumor's ability to spread, and may help your doctor make an accurate decision regarding chemotherapy. It's available in only a few commercial laboratories.

HUMANE CIRCUMCISION

Nerve-block shot lessens baby's pain

Even though many experts consider circumcision unnecessary and painful, most male babies in the United States continue to be circumcised without benefit of anesthetic. But now there may be a way to at least make the procedure a little less traumatic for baby. It's called a dorsal penile nerve block, a relatively painless injection given a few minutes before circumcision. In a recent study conducted in a Minneapolis hospital, the anesthetic shot reduced baby's crying time during circumcision by more than half. Parents who opt for circumcision and are concerned about infant discomfort should ask their doctor about this anesthetic, which is widely available.

C.D. GEISSLER / THE IMAGE BANK

Your Healthy Smile

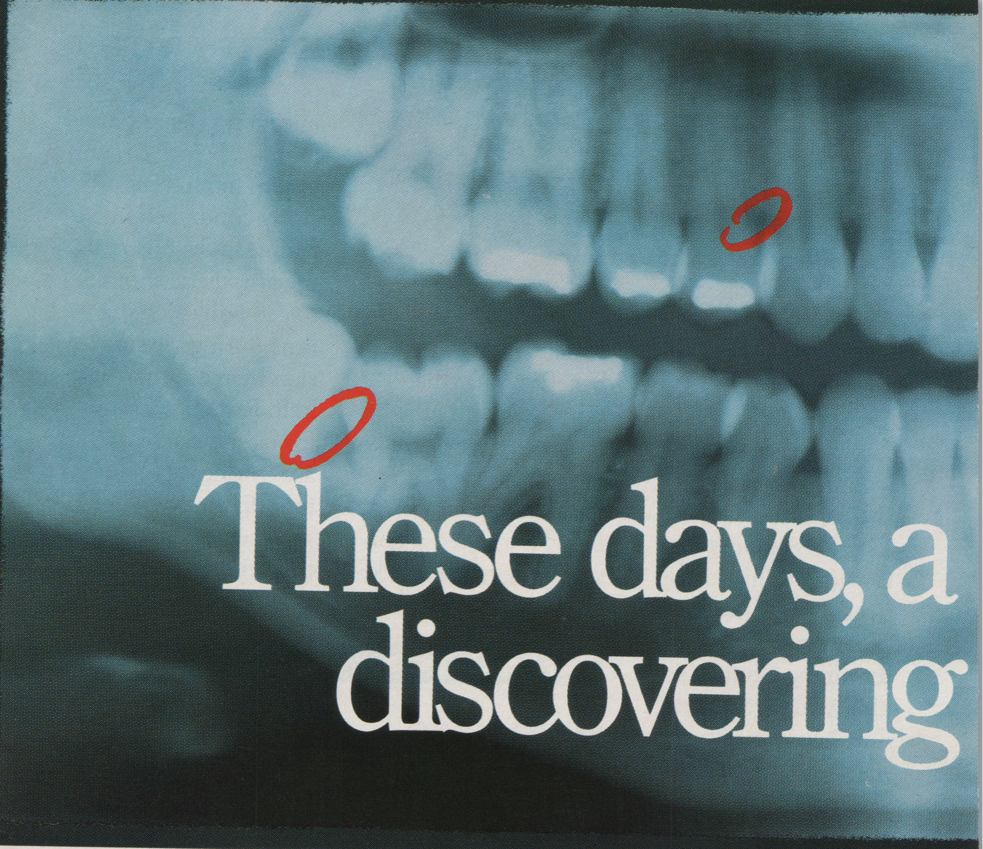
HALTING HERPES

Ditch your toothbrush and avoid multiple breakouts

Oral herpes sufferers may stop a chain reaction of breakouts if they switch to a new toothbrush at the right time, researchers at the University of Oklahoma have found. A toothbrush in a moist environment is herpes heaven; it can harbor the virus for up to seven days. The infected brush may spread the virus onto the lips and maybe throughout the mouth—and can pass it along to other users. Drying your brush or disinfecting it with mouthwash won't work.

When should you switch? At three different times, the researchers say: during the prodrome, or tingly, phase just before the breakout; when the blister breaks; and as soon as the blister is gone.

Edited by Gale Maleskey



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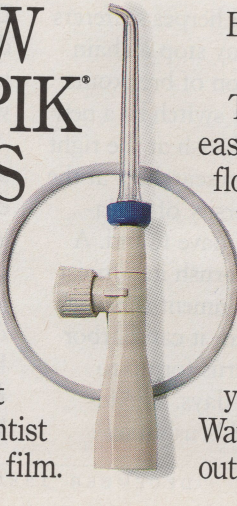

Food trapped below the gum line can do some real damage. You can't feel it happening. And you can't see it. At least not until your dentist captures your smile on film.

BRUSHING AND FLOSSING AREN'T ENOUGH.

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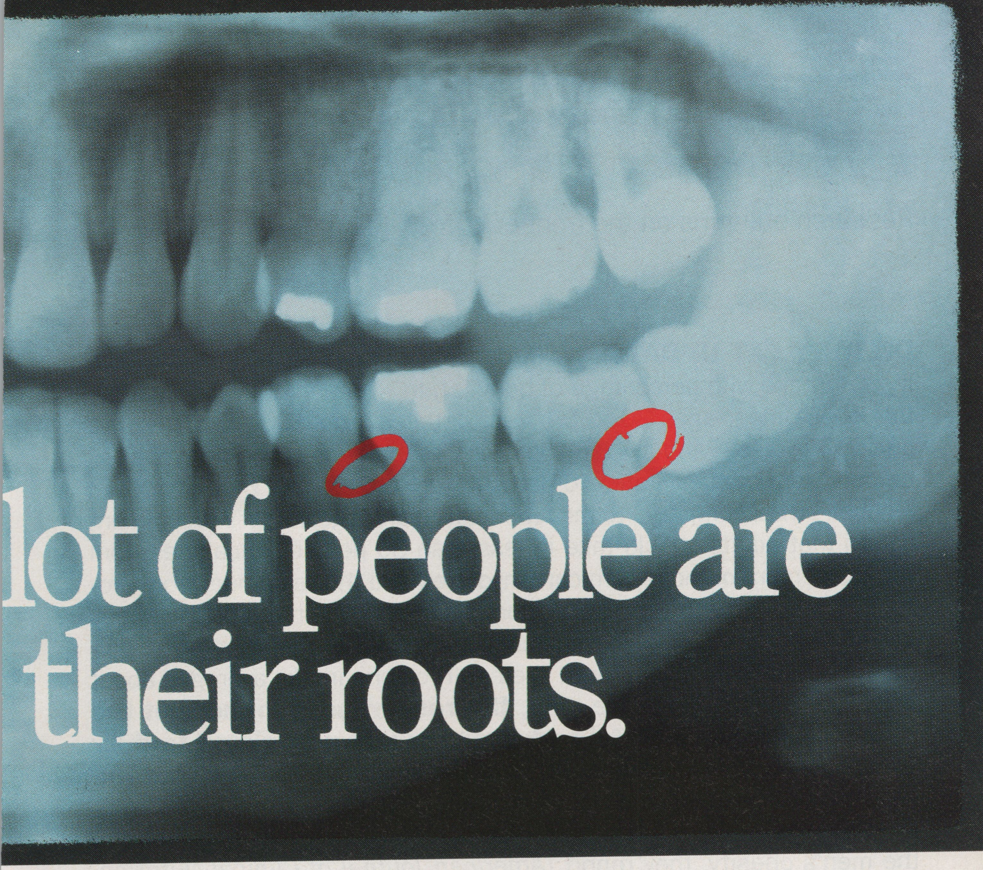

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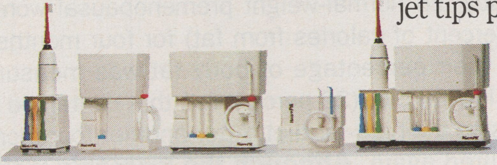

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Because brushing and flossing aren't enough. © TELEDYNE WATER PIK 1987

NUTRITION NEWS

Research bulletins on the frontier of food and nutrition science

DIETARY FAT UPDATE . . . Evidence continues to accumulate linking fat intake with percentage of body fat. In a recent study, 155 sedentary obese men, ages 30 to 59, kept detailed records of what they ate during one week. About 41 percent of their calories came from fat, 38 percent from carbohydrate, 16 percent from protein and 6 percent from alcohol. (That, compared to the American Heart Association's recommendation that adults should take in less than 30 percent of calories from fat, 50 percent or more from carbohydrates and the remainder from protein.) The subjects' body composition was also measured, and their body fat ranged from 18.6 to 40.3 percent (compared to the average for normal-weight men of 15 percent). Their daily calorie intake averaged about 2,600. After analyzing the data, **the researchers found that the men's fat levels and total body weight were not related to their total calorie intake. Instead, the researchers showed that the men's obesity was linked to the unhealthy ratio of fat-to-carbohydrate in their diets.** A sedentary lifestyle may also have contributed to the men's obesity, they report (*American Journal of Clinical Nutrition,* June 1988).

In another study, 28 normal-weight premenopausal women ate a high-fat diet (40 percent of calories from fat) for four months. At the end of four months, their percentage of body fat was measured. Next, they switched to a low-fat diet (20 percent fat) that contained the same number of calories as the high-fat diet. After another four months, their body fat was measured again. **Although the women's weight remained the same, they reduced the weight of their body fat by an average of 3 percent on the low-fat diet**—a reduction that, if it could be continued long-term, would result in significant changes in body fat. Lowering dietary fat intake helps reduce the body's fat stores, the researchers conclude (*a collaborative project of USDA Beltsville Human Nutrition Research Center and the National Cancer Institute*).

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CONFIRMING EVIDENCE . . . Another study further demonstrates that oats, which contain soluble fiber, can lower cholesterol levels. All 236 participants were instructed to follow the American Heart Association's dietary guidelines (low-fat, low-cholesterol) throughout the study. After four weeks, their total cholesterol levels had dropped about 11 mg./dl. (milligrams/deciliter–the ratio used to measure blood cholesterol). Then the subjects were randomly split into two groups. Group 1 added two ounces (dry weight) of oatmeal every day, in the form of cereal, muffins or other oatmeal-containing foods. Group 2 consumed no oat products throughout the study. After eight weeks, both groups had reduced their cholesterol levels even further. **But cholesterol dropped more among those eating oatmeal than among those on a low-fat diet who did not eat oats. This was true for both men and women although women seemed to benefit most from eating oats.** Levels in women from Group 1 (the oatmeal group) dropped by about 12 mg./dl. compared to women in Group 2 who averaged about a 5 mg./dl. reduction. Men and women who started with the highest blood cholesterol levels had the greatest reductions (*Preventive Medicine,* May 1988).

FOOD INNOVATION . . . A new type of corn has been developed and it's nearly as good a protein source as skim milk. Quality-protein maize (QPM) tastes and looks the same as regular corn and has roughly the same amount of protein. **But QPM is about twice as rich in higher-quality amino acids, such as lysine and tryptophan, which are normally lacking in plant foods.** It's also more easily digested. About half the world's chronically undernourished people live in countries where corn is a staple crop. If QPM takes hold in these areas, it could make major inroads in malnutrition by the end of the century, a National Research Council committee predicts.

PRELIMINARY FINDINGS . . . A study from the Epply Cancer Institute at the University of Nebraska is the first to suggest that **diets rich in cruciferous vegetables—cabbage and brussels sprouts, for example—help stop the spread of cancer in mice that are already affected.** Compared to mice on a regular diet, mice fed diets rich in cabbage or collard greens for six weeks, then injected with breast-cancer cells, developed fewer spreading tumors three weeks later (*Proceedings of the American Association of Cancer Research,* March 1988). ■

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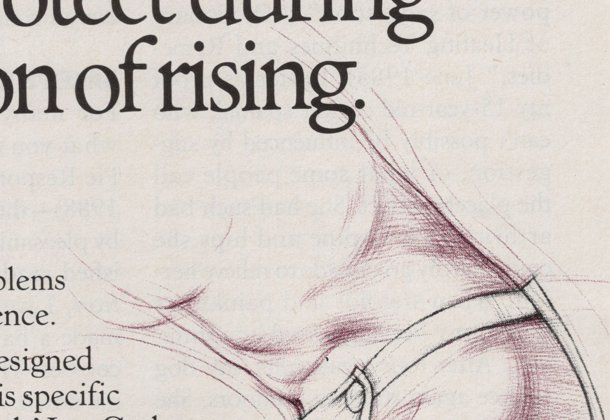

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BRIEFS AND UNDERGARMENTS

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MAILBAG

Letters from *Prevention* readers and walking-club members

ACUPUNCTURE FOR THE POOCH

As a former skeptic myself, I'd like to set straight those who think acupuncture cures only through "the power of suggestion" ("Dictionary of Healing Techniques and Remedies," June 1988). I offer as proof my 15-year-old cocker spaniel, who can't possibly be influenced by suggestion, or what some people call the placebo effect. She had such bad arthritis in her spine and hips she could hardly go outside to relieve herself. When steroids and painkillers failed, my vet suggested acupuncture. After four treatments, my dog is once again running outdoors. She never pants or whines, and she sleeps beautifully. I know she no longer has pain.

Evelyn E. Duck
Bowerston, Ohio

***Editor:** This summer, the American Veterinary Medical Association upgraded acupuncture from "experimental" to "a valid treatment modality," based on studies and interviews with practitioners. The association does note, though, that there's still no official certification for veterinarians who want to use acupuncture. If you think acupuncture is worth a try, the association suggests you see a vet who has completed the International Veterinary Acupuncture Society's course.*

BAKER'S BLISS

For many years I've experienced what you described in the "Apple-Pie Response" (Health Front, May 1988)—the relaxing effect produced by pleasant smells. As soon as I'd finished reading that issue of *Prevention*, I went into the kitchen and made a batch of cinnamon-oatmeal cookies. Their smell definitely calms me down.

Lorraine E. Fischer
Elkhorn, Wisc.

A SUBSCRIBER FOREVER

The day I do not subscribe to *Prevention* will be the day I am no longer alive! I don't think I have ever thrown out a copy. My mother subscribed, and she lived to be 91, and in tip-top shape. I'm 70 years old myself, and feeling marvelous. I'm just bursting with energy!

Sylvia B. Winton
Needham, Mass.

FINE-TUNING THE RDAs

How often are the RDAs (Recommended Dietary Allowances) of vitamins and minerals reviewed and updated? How is it done?

Marion F. Scott
Sun City, Ariz.

Editor: *Since the first tables were published by the National Academy of Sciences in 1943, the RDAs have been reviewed every five to 10 years. The review is done by a committee of about 10 nutrition scientists and educators. They reevaluate the old nutrition research, discuss all the newer studies done since the last RDA review, and decide if the findings warrant changing any RDA amounts.*

You should know that the RDAs are greater than the minimum amounts to prevent deficiency diseases, but they're not necessarily the optimum amounts to ensure maximum performance or deter disease (since no one knows yet what these optimum levels should be). They're informed judgments, based on available research, of amounts that will meet the nutritional needs of practically everyone. As such, they're adjusted to actually exceed the needs of most people and, in part, to compensate for the body's inability

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THE PAIN OF A BULGING BILLFOLD

For years I had an annoying lower-back problem. About a year ago, I described it to a truck-driving friend. He said many drivers have similar back problems from sitting for long periods of time on their wallets. I moved my wallet and have had a noticeable improvement in my back.

Ken Scharabok
Dayton, Ohio

Editor: Our experts agree with the truck driver. Extended periods of sitting on a wallet—particularly a fat one—can aggravate nerves in your buttocks and cause pain.

THE *PREVENTION* PATH

In August 1987, I had open-heart surgery. On the road to recovery, I followed all of *Prevention's* health suggestions. I now walk every day, I eat fiber, fruit, vegetables and fish. Thanks to *Prevention*, I feel great, physically and mentally.

Ida Mary Torzella
Clifton, N.J.

ONE-PERSON DIALOGUE

I've never had much luck visualizing a "wise man" inside myself ("Tapping Your 'Wise Man' Within," May 1988). Instead, I've found that writing a dialogue in which I pretend to be two people—client and therapist—produces surprising insights. I begin with the mundane: "Hello. What brings you here today?" and continue as if I were talking: "Well, I have this conflict about . . ." After three or four pages I generally see the solution, or at least see the *real* issue.

Sandra Manning Davison
Hamburg, N.Y.

Walking-Club Mail

NATURAL REMEDY

I'm 61 years old, my husband is 83, and we still walk everywhere we go. We meet many people who think they can't walk. We tell them, "Yes, you can. Just get up and get moving." Walking in fresh air and sunshine is the best medicine on earth!

Valerie Chesney Minnoch
Sioux City, Iowa

WINNING THE RAT RACE

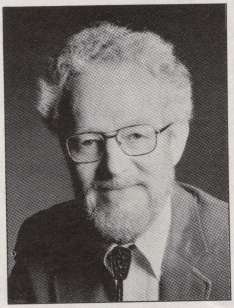
When I moved from Arkansas to New Jersey, I no longer had time for my evening aerobics class. I commuted from New York City and was lucky to get home by 7:30 p.m.

I'd been reading about walking in *Prevention* and decided to give it a try. Instead of taking the subway from Penn Station to my office 20 blocks away, I started walking. And let me tell you, walking with New Yorkers on their way to work is

Continued on page 132

A BIG LESSON FROM A LITTLE MINERAL

What the trace element boron can teach us about strategies for better health ▩ *by Robert Rodale*



ARE YOUR BONES getting everything they need to stay healthy and strong?

If not, they could be in big trouble without your even knowing it. Unlike aching joints, which let you know in no uncertain terms when something's not right, the key bones in your legs, hips and spine can shorten, weaken or break because of osteoporosis with very little advance warning.

We already know a lot about how to prevent this crippling problem. Exercise is one very important factor in the solution, because the more you move, the more your bones are strengthened.

And a diet rich in calcium seems to play a role, too, especially in the younger years, when bone mass is still being built up. Scientists suspect a good head start then could help many women withstand the slow draining away of bone minerals that occurs after menopause.

But research indicates that in some parts of the world, women who get little calcium in their diet still manage somehow to avoid osteoporosis. Could it be that some dietary factor besides calcium is also a vital element in determining bone strength?

A MISSING LINK?

Scientists at the U.S. Department of Agriculture's Human Nutrition Laboratory in Grand Forks, North Dakota, think that might be the case. The substance that's caught their attention is boron, a trace element that's always been in the soil and in our food but often in widely varying amounts. Scientists have long thought that people didn't need boron.

That notion started to change when research nutritionist Forrest H. Nielsen, Ph.D., and his USDA colleagues conducted a study to assess boron's effects on the bones of 12 postmenopausal women. The volunteers, who ranged in age from 48 to 82, were first put on a low-boron diet for 17 weeks. They got only a quarter of a milligram of the mineral a day in their food. (That's not terribly hard to do. Many Americans eat a low-boron diet every day.)

After the boron level in the bodies of the women was assured to be low, they were given a 3 mg. daily boron supplement. Throughout the study, the women's urine was tested to see if calcium, phosphorus and magnesium were passing out of their systems. Excessive excretion of those minerals, which are crucial to bone integrity, can be a tip-off that our skeletons are being demineralized and weakened.

After just eight weeks of the higher boron intake, the amount of calcium being lost was cut by 40 percent. Losses of magnesium, and in some cases phosphorus, were also reduced.

But more exciting to Dr. Nielsen was the fact that boron doubled the levels of certain hormones. "These steroid hormones are thought to be very important for maintaining bone and calcium status," he told reporters. "In fact, estrogen-replacement therapy is currently the only proven treatment for osteoporosis."

None of this means that everybody concerned about the health of their bones should begin taking a boron supplement. For one thing, the study involved only 12 women and has not been confirmed by further testing. So the results must still be viewed as very preliminary. For another thing, large doses of boron can be toxic.

THE BORON MORAL

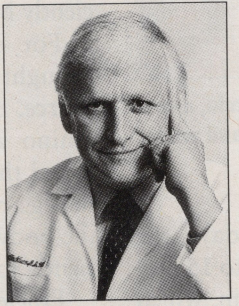
The lesson to be learned is what I call the Principle of Nutritional Prudence: To take advantage of any *possible* benefit from a food factor that hasn't yet been shown to be beneficial (and in large doses can even be harmful), try a diet already proved to be healthful that also contains the unproven food factor. As it turns out, vegetables, fruits and nuts tend to be high in boron. Broccoli, prunes, dates, raisins, almonds, peanuts and soymeal are particularly good sources. Meat has only negligible amounts. And all these foods can be part of a sensible low-fat, high-fiber, high-carbohydrate diet, which science says may help protect against heart disease, high blood pressure, cancer and more.

By following such a diet, you'll be doing your health a big favor for a number of proven reasons. If the boron/bone connection pans out, you'll have another good reason. If it doesn't, you're still way ahead.

Robert Rodale

SHATTERING THE PROTEIN MYTHS

What you don't know about excess protein can hurt you ■ *by George L. Blackburn, M.D., Ph.D.*



RICK HORNICK

UNTIL RECENT years, the place of honor on nearly every American dinner plate was reserved for a large piece of meat. Whether it was a juicy steak or burger, a turkey drumstick or a rack of ribs, no supper seemed complete without the meat dominating, with smaller portions of other foods—rice, potatoes, cooked vegetables or salad—surrounding it like admirers.

How did nutritionists justify this way of eating? Protein!

Protein was considered the most important nutrient, and not entirely without reason. After all, protein is in every cell of the body; protein builds and rebuilds everything from muscles and bones to blood vessels, hormones, hair and fingernails.

Dr. Blackburn is an associate professor of surgery at Harvard Medical School and chief of the Nutrition/Metabolism Laboratory with the Cancer Research Institute at New England Deaconess Hospital, Boston.

Scientists believed that the best sources of protein were the animal sources—meat, fowl, fish and eggs. This, too, seemed like a logical conclusion. Protein is composed of 22 nitrogen-containing compounds called amino acids. Any given vegetable product contains some—but not all—of the amino acids. Most meats, on the other hand, contain all the amino acids, including the nine essential ones that our bodies can't produce themselves and must get from foods.

Unfortunately, some of the conclusions drawn from these facts have turned out to be wrong. We now have a better understanding of how our bodies derive and use protein. Let's shatter those old myths:

MYTH #1: AMERICANS NEED MORE PROTEIN

The fact is, most Americans eat too much protein. The amount required for health is only 6 to 8 percent of

Feed your body 'premium' protein, a combination of lean meat or fish and pasta.

our daily calories. Nowadays, the American average is closer to 15 percent of calories from protein, which is probably fine as an upper limit. Many people, of course, are eating much more.

What are the consequences of consuming too much protein? A general problem is that high-protein foods are often rich in calories. And animal proteins, especially, are likely to be high in calories and fats.

Excessive protein also takes a toll on the kidneys. The kidneys excrete protein breakdown products. If you give your kidneys more protein than they can handle—particularly animal protein, which is more difficult to process—it wears them down. Americans' obsession with getting enough protein may explain the fact that renal (kidney) disease is so common here.

MYTH #2: MEAT, EGGS AND DAIRY PRODUCTS ARE YOUR BEST SOURCES OF PROTEIN

Many scientists used to believe that "animal-grade" protein was superior to "vegetable grade." Now we know that a mixture of animal and vegetable proteins is used most efficiently by the body.

For example, eggs were once thought to be the perfect protein source, because they contain all the amino acids. But scientists have found that if you replace a third of the egg protein with potato protein, the body actually uses it more efficiently for fuel or to build tissue.

Efficient utilization isn't the only argument in favor of deriving a greater share of your protein from vegetable sources. There are the health concerns about animal proteins. As we've mentioned, meats often contain too much fat and too many calories. Research also shows that a diet high in animal protein may interfere with the absorption of certain minerals—particularly calcium—from the bowel, and may cause excretion of more minerals in the urine.

MYTH #3: PROTEIN BUILDS MUSCLE, NOT FAT

The body does use protein to build muscle. But if you get 6 percent of your calories from protein, that meets your muscle-building needs.

And, fact is, any extra protein not burned for fuel will become the same thing an extra piece of cake becomes: FAT.

The way to build muscle is not to beef up your protein intake; it's to pump iron. You may need to consume 100 to 200 extra calories each day to build and sustain the extra tissue—but you'll want to distribute those calories among complex carbohydrates, proteins and fat.

MYTH #4: VEGETABLE SOURCES MUST BE BALANCED AT EACH MEAL TO CREATE A COMPLETE PROTEIN

The fact is, it's not necessary to mix vegetable sources at the same meal to get a balance of amino acids. We now know that eating a variety of vegetable, grains, and beans on the same day allows the body to create complete proteins because we have internal reserves of amino acids.

Most vegetarians who eat a wide range of food have almost no problem meeting their protein requirements. However, there are some vegetarians who should be concerned about getting adequate protein: pregnant and nursing women. Also, if children are being raised on a vegetarian regimen, a pediatrician should be consulted.

THE BOTTOM LINE

What should a sensible, moderate-protein diet look like? Any well-balanced diet should derive most of its calories—about 50 to 60 percent—from complex carbohydrates, and no more than 30 percent of calories from fat.

That leaves about 15 percent of calories from protein. And of that 15 percent, no more than half should come from animal sources.

Here's an easy rule of thumb to follow: Women should limit daily servings of meat, fowl or fish to no more than two servings, three to four ounces in weight (about one loin lamb chop, or one-half chicken breast or four steamed jumbo shrimp). Men can afford a little more protein: two four-to-six-ounce servings per day.

The best way to translate those numbers into practice is to rethink your plate. Stop making the meat, fowl, or fish the center of attention at lunches and dinners. Instead, think of meats as condiments, to add flavor to a stir-fry, spaghetti sauce or casserole, for example. Vegetables and grains should dominate your plate. When you do serve a piece of meat, train yourself and your family to be pleased with smaller portions.

If you have a special concern, such as kidney problems, talk to your physician, or a registered dietitian. She or he can help you analyze your diet for protein content, and suggest ways to improve it. ■

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101 NEW HEALTH SOLUTIONS

EVERY DAY IT SEEMS RESEARCH STRETCHES THE boundaries of knowledge in the quest to cure what ails us. ▨ Hence this special section: An update on the most encouraging new treatments science has unveiled. Not all of these "cures" are proved yet; this is truly the frontier. In many cases, the findings we report are just the first inkling that we may really be on to something. But all of the new treatments included here are potentially safer, easier or more effective than current treatments. ▨ Feature articles show you how the science of conditioning is being groomed to fight cancer, and how many of our most effective drugs make the journey from folk cures to high-tech cures. There's also a host of news bulletins highlighting cutting-edge cures for health problems from arthritis to heart disease to endometriosis. ▨ Here, then, reports on some of the best that medical science has to offer. ▨ **Edited by Susan Zarrow; researched by Carole Piszczek**

Cholesterol Moves In New Spheres

Scientists have discovered that when phospholipids, natural components of cell membranes, are dispersed into saline (salt) solution, they form little spheres filled with water. When these spheres, called liposomes, are injected into the bloodstream, they pick up cholesterol from the artery walls and take it away for disposal in the liver. Early studies on animals showed a dramatic reduction in arterial plaque. Now studies are being conducted on animals that develop atherosclerosis in almost the same way as humans. If liposomes reduce atherosclerosis in them, that could pave the way for human studies, says Kevin J. Williams, M.D., assistant professor of medicine at Columbia University, in New York City.

Lifesaving Blood-Pressure Drug

Diuretics have long been the initial drugs prescribed to treat high blood pressure. While they do lower blood pressure, they've never been proved to reduce deaths from heart attacks. A new, less commonly used drug does seem to reduce the death rate, though.

It's a beta-blocker with the ingredient metoprolol (brand name Lopressor). In a nationwide study in Sweden, over 3,000 men being treated for hypertension were put into two groups. One got metoprolol; the other, a diuretic. Both drugs controlled blood pressure equally well. But after four years, the metoprolol group had 58 percent fewer deaths than the diuretics group (*Journal of the American Medical Association*, April 1, 1988).

Some doctors already prefer to use metoprolol. Others are still cautious. "It could be very helpful to some hypertensives, but individual variations need to be considered," says Mark Pecker, M.D., a hypertension-drugs researcher at Cornell University.

Drug Reverses Heart Enlargement

Long-term treatment with hydralazine, an antihypertension drug, partially reverses heart enlargement caused by leaky aortic valves. According to Barry Massie, M.D., at the University of California, San Francisco, treatment with hydralazine may help these patients delay or avoid surgery. Dr. Massie and Barry

Greenberg, M.D., of Oregon Health Sciences University, studied 80 patients over a two-year period. All had moderate to severe valve leakage and hearts that had begun to enlarge and weaken under the strain. There was an average 18 percent reduction in heart size after 24 months of treatment (*Circulation*, July 1988). Leaky aortic valves afflict two million Americans, and thousands undergo surgery each year to replace the faulty valves. Now the researchers are looking at related drugs to see if they confer the benefits without some of the side effects.

Cold Laser Clears Arteries

A new laser catheter uses ultraviolet (UV) light to cut through plaque and clear blocked leg arteries. "UV light packs more punch per unit of light," says Warren S. Grundfest, M.D., director of laser surgery and surgical research at Cedars–Sinai Medical Center, in Los Angeles. Because of its intensity, the excimer laser actually breaks chemical bonds. "It's the only laser that will cut calcified plaque without burning the artery wall," says Dr. Grundfest. That's because, unlike other so-called hot-tip lasers, the excimer cuts without heat. That's important because damage to the artery wall can lead to blood clots.

So far the excimer has been used on about 35 patients, with an 80 percent success rate. About one-quarter of the cleared arteries closed up again, but the second blockage was usually easily cleared with standard techniques. "We're pleased," says Dr. Grundfest. "We're expanding the cardiovascular physician's toolbox."

CUFF PUTS THE SQUEEZE ON CLOTS

People over 40 who have surgery under general anesthesia run a higher-than-average risk of developing blood clots in their legs. So do people who are bedridden. The clots can be fatal if they travel to the lungs. To the rescue: inflatable cuffs ("sleeves") that slide over the legs. A pump inflates them once per minute, giving the legs a squeeze, boosting circulation and reducing the risk of clots. Studies have shown that the sleeves cut the incidence of clots by two-thirds, says Daniel Clarke–Pearson, M.D., professor of obstetrics and gynecology at Duke University Medical Center. He and his colleagues have tested them on over 600 patients.

Aspirin Restores Mental Capacity After Stroke

The first treatment for stroke dementia, the loss of mental or cognitive ability after a stroke, may already be in your medicine chest. In a study of 70 patients at the Veterans Administration Medical Center, in Houston, one aspirin tablet a day (325 milligrams) reversed dementia to the point that the patients no longer needed supervision. Test scores measuring cognitive ability showed a 17 percent improvement the first year, followed by a 21 percent improvement the second year and 20 percent the third. By comparison, patients who received no aspirin showed no improvement, and some got worse (*Stroke*, volume 19, 1988).

The results were so dramatic that the researchers halted the trial after 15 months for ethical reasons, according to John Stirling Meyer, M.D., professor of neurology at Baylor College of Medicine. **Note:** Aspirin should not be taken by stroke patients without a doctor's advice.

BETTER PACEMAKERS FOR ACTIVE PEOPLE

A new refinement on the latest generation of pacemakers lets them keep pace with more active patients. The new devices more closely mimic the natural rhythms of the heart by stimulating both the large and small chambers (the atrium and the ventricle) in sequence, instead of just one chamber, like older models. So patients feel better, whether playing tennis or resting. A tiny sensor embedded in each pacemaker feels body motions and signals the pacemaker to speed up heartbeats to an individually programmed level. The new pacemakers, called the Synergyst II and the Synchrony, are already beating in some patients in the first phases of FDA testing.

Drugs That Drop Cholesterol

Sometimes cholesterol is sky-high and resists even the most earnest lifestyle changes. Some exciting new drug treatments:

- In the Helsinki Heart Study, a five-year trial that followed over 4,000 men with high cholesterol, half the men took a drug called gemfibrozil, half a placebo (blank substitute). Those who took the drug had 34 percent less coronary heart disease (CHD)

BILL FRAMPTON

than those on the placebo. Their low-density lipoproteins (the dangerous cholesterol) dropped 11 percent, while high-density lipoproteins (the "good" kind) rose by 11 percent compared to the men on placebos. Those changes correlated with the reduction in CHD incidence (*Journal of the American Medical Association*, August 5, 1988). It is not clear yet, however, if the drug can reduce the overall death rate.

■ In another recent study, adding the new drug lovastatin to the usual drug-and-diet treatment for people with super-high cholesterol levels provided a dramatic additional drop in cholesterol. Twenty-two patients with a genetic disease causing high cholesterol started out on a low-fat, low-cholesterol diet. Then after a few months, they were given two standard anticholesterol agents: the drug colestipol and the B-complex vitamin niacin. Together, these agents dropped the patients' cholesterol an average of 44 percent. Finally, for an additional few months, they received lovastatin, a drug that helps block cholesterol production. At the end of that time, total cholesterol had been reduced 58 percent from the original levels.

L-Carnitine Gets Claudicators Moving

For people with intermittent claudication, clogged leg arteries can cause severe muscle pain and fatigue, so that even simple activities such as walking can be an ordeal. But now there is evidence that L-carnitine, a substance that occurs naturally in skeletal muscles, may give them more mobility.

In a study by Italian researchers, 20 patients were given either L-carnitine or a placebo (blank look-alike) for three weeks. Then they switched to the other treatment for three weeks. Eighty percent were able to walk significantly farther when taking L-carnitine than when taking the placebo. In fact, they were able to walk an average of 75 percent farther than at the beginning, and many reported less discomfort.

The researchers think L-carnitine works by affecting the muscles' metabolism, and that it may revolutionize conventional therapy that relies on artery-dilating or blood-thinning drugs (*Circulation*, April 1988).

Note: Another form of carnitine, D-carnitine, can be harmful. Even L-carnitine can be, if taken over a long period. Do not take it without a doctor's advice.

New Beam Focused on Cancer

If conventional radiation treatment for cancer is a shotgun, then the new proton accelerator is a high-powered rifle. Unlike conventional radiation equipment, which sends x-rays completely through the body, the proton accelerator can focus its beam in three dimensions. It can deliver minimal radiation as it enters the body, then zap the tumor with maximum strength—and stop there. Because healthy tissue gets little exposure, patients suffer fewer side effects.

Proton accelerators are not new—they were developed for physics research in the 1940's. But the first one designed specifically for medical use is now being tested, and will eventually be installed at Loma Linda University, in California. In the past, scientists made their research accelerators available to selected cancer patients, treating tumors that could not be eliminated by conventional radiation and surgery. For tumors of the eye, the cure rate has been 95 percent. For certain tumors at the base of the brain and along the spine, 80 percent, according to James M. Slater, M.D., chairman of radiation sciences at Loma Linda. Scientists now hope to be able to treat a wide variety of cancers with the new machine. "This is an unusual opportunity in cancer therapy," says Dr. Slater.

Laser New Ray of Hope For Breast Cancer

The carbon-dioxide (CO_2) laser is now being used to perform breast-cancer surgery. Advantages: The laser seals small blood vessels, eliminating heavy bleeding and reducing postoperative drainage. It also delivers intense heat to the area, which lowers the infection rate to near zero. And it leaves the surrounding tissue intact. "As a result, there's less pain following surgery," says Vincent W. Ansanelli Jr., M.D., breast surgical oncologist in Great Neck, New York. Patients usually leave the hospital in one to two days following major breast surgery.

Even more important, animal studies have shown a significant decrease in subsequent breast cancer when the laser is used. Although this hasn't been proved in humans yet, studies are planned. For more information, write to the American Society for Laser Medicine and Surgery, 813 Second St., Suite 200, Wausau, WI 54401.

Vitamin A Reverses Precancers

In a recent study from cancer-research centers in Canada and India, vitamin A supplements reversed oral precancers called leukoplakias. Sixty-five men with leukoplakias caused by chewing a tobacco/betel-nut mixture were divided into two groups. One group received vitamin A twice a week, and the other received placebos (inactive look-alikes). After six months, 57 percent of those who received the vitamin were free of leukoplakias, compared to only 3 percent of those in the placebo group. Also, none of the men taking vitamin A developed new leukoplakias, whereas 21 percent of those taking the placebo did (*Cancer Letters*, May 1988). **Note:** Vitamin A can be toxic in high doses and should not be used therapeutically without a doctor's guidance.

Vaccines Take On Cancer

Experimental vaccines are opening a new avenue of research in cancer treatment.

■ Ovarian cancer is one of the deadliest; most patients survive only three to four months. But in a recent study, 40 women treated with an experimental vaccine lived up to several years. Excess fluid regressed, large tumor masses shrank in some cases, and natural-killer-cell activity increased. The women also felt better and were able to do more. "It was more than a psychological response—the tumor situation really improved," says Ralph S. Freedman, M.D., chief of the section of experimental gynecology at the University of Texas M.D. Anderson Cancer Center, in Houston. The vaccine is made from a deactivated mixture of malignant cells infected with influenza virus. It stimulates the immune system against the tumor cells.

■ Studies have shown that melanoma, a malignant form of skin cancer, can be prevented in mice by immunizing them with a vaccine. Now the research has moved to people. At New York University School of Medicine, an experimental vaccine is being tested on patients who have had melanoma once, "where we know there's a good chance of it coming back," says Jean–Claude Bystryn, M.D., director of the melanoma program at the NYU Kaplan Cancer Center. Early results, although not conclusive, are promising. If effective, the vaccine may used to prevent melanoma in high-risk people.

Dietary Oils And Melanoma

Several studies in laboratory rats and mice have shown that dietary fish oil may inhibit the growth of tumors. Recently, researchers at the University of Wales College of Medicine explored the effects of both fish oil and evening primrose oil on melanoma (malignant skin cancer) in mice. Twelve mice were fed a normal diet, 12 ate a diet supplemented with fish oil, and 12 ate a diet supplemented with evening primrose oil. After one week, all the mice were inoculated with melanoma cells. Five weeks later, there were fewer, smaller tumors in the mice who got the oils. Although this is only a preliminary study, the researchers propose that "dietary modification using fatty acids may have a role in therapy of malignant melanoma" (*British Journal of Surgery*, June 1988).

Four-Pronged Attack On Melanoma

Often, melanoma (malignant skin cancer) that has begun to spread cannot be removed surgically. In those cases, a combination of three chemotherapy drugs (DTIC, BCNU and cisplatin) plus the hormone tamoxifen may have a higher success rate than the usual single-drug therapy. In a recent study of 18 patients, 45 percent responded either partially (tumors shrank by half) or completely (tumors disappeared), according to Michael J. Mastrangelo, M.D., director of the division of medical oncology at Jefferson Medical College, in Philadelphia. In contrast, single-drug-treatment response rates range from 15 to 25 percent. "While this appears to be an effective regimen, there are many side effects," says Dr. Mastrangelo.

Wafers Deliver Brain-Tumor Drug

Brain tumors are particularly difficult to treat. Because of the blood/brain barrier, cancer-fighting drugs often don't make it through to their destination. New therapy: Drug-laced wafers implanted at the actual tumor site in the brain. This technique has many advantages, according to Henry Brem, M.D., assistant professor of neurosurgery, ophthalmology and oncology at Johns Hopkins University School of Medicine. The drugs can be given at higher concentrations, and the tumor is bathed in the drug for about three weeks. In contrast, standard intravenous drug therapy may only be effective for 15 minutes. The wafers also reduce side effects, because the drug remains in one spot and does not reach normal tissues. Tests on animals have proved this method more effective than intravenous therapy, and the wafers have now been used to treat 21 human patients. Researchers are awaiting the results.

Tuberculosis Vaccine Combats Bladder Cancer

Scientists have found a new use for Calmette–Guerin bacillus, the organism used worldwide in tuberculosis vaccine. In a study of 86 patients who underwent surgery for noninvasive bladder cancer, half received the bacillus as part of their treatment, and half did not. It was both infused into the bladder and injected into the skin. After five years, only three of the bacillus patients had died, compared with 13 of those who got surgery alone. "It works and it's highly effective," says Harry W. Herr, M.D., associate attending surgeon at Memorial Sloan–Kettering Cancer Center. It seems to work by stimulating the immune system. Although it's still being investigated, the researchers hope that the bacillus will be available for this use in the near future.

Fatty Acid Targets Tumor Cells

Scientists from the University of California at Los Angeles School of Medicine report that sodium linoleate seems to have cancer-fighting properties. Sodium linoleate is a water-soluble form of linoleic acid, an essential fatty acid normally found in the body. In test-tube experiments with human cells, it killed leukemia lymphocytes (lymph cells) but tended to leave normal lymphocytes unharmed. The researchers also found that injecting sodium linoleate into mouse tumors increased the animals' average survival from 18 days to 48 days, and prevented tumor growth completely in over 40 percent of the mice.

In subsequent tests on cats and dogs with advanced cancer, a significant shrinkage in tumor size occurred in some of the animals, according to L.R. Bennett, M.D., emeritus professor of radiological sciences. "These results suggest that sodium linoleate may be useful for cancer therapy in selected patients," the researchers say (*FASEB Journal*, March 20, 1988). They hope to begin clinical trials with human subjects within a year.

Adios to Turista

When it comes to turista, or traveler's diarrhea, prevention may be the only cure. The latest news: A milk concentrate from cows immunized against *E. coli* bacteria may prevent it. *E. coli* is the most common cause of turista. In a preliminary study, researchers at the University of Maryland School of Medicine gave 10 volunteers daily doses of concentrated antibodies from the milk of *E. coli*–immunized cows. Another 10 were given concentrated antibodies from cows immunized against a different organism. All of those brave souls were then given drinks containing *E. coli*. None of the people taking the milk from the *E. coli*–immunized cows came down with diarrhea, but 9 of 10 in the other group did. The nice thing about the milk "cure," note the scientists, is that it doesn't carry any side effects (*New England Journal of Medicine*, May 12, 1988).

New Hope for Cirrhosis Sufferers

Innovations that may treat cirrhosis of the liver and its complications:

- A centuries-old drug used to treat victims of gout has now been reported to double the survival rate of people with mild to moderate cirrhosis. The disease, which is gradually debilitating, has no cure so far. Researchers at the National Institute of Nutrition in Mexico City tested the drug, colchicine, against a placebo (inactive pill) in 100 patients. After five years, 75 percent of those treated with colchicine were still alive, compared to only 34 percent of those given the placebo. After 10 years, 56 percent of those taking the drug were still alive, versus only 20 percent in the placebo group (*New England Journal of Medicine*, June 30, 1988).
- Researchers at the Mayo Medical School report that low doses of cyclosporine, a drug normally used to suppress the immune system, can stop the progress of primary biliary cirrhosis (the type that causes backed-up bile). Preliminary results of an ongoing study show that after 12 months, 13 of 14 patients given the drug improved. By comparison, only one of six patients given a placebo improved. The low dose may circumvent

LONNIE SUE JOHNSON

side effects.

▨ Rubber-band ligation, a common treatment for hemorrhoids, is now being used to eradicate esophageal varices, a complication of liver disease. Using an endoscope (flexible tube), rubber bands are placed around veins that protrude into the esophagus, stopping dangerous bleeding. The method seems to have fewer complications than sclerotherapy, the traditional endoscopic method, in which a chemical is injected into the vein to close it off. Sclerotherapy runs a 15 to 40 percent risk of serious complications. “In our experience with more than 100 patients at the University of Colorado and Veterans Administration hospitals, we’ve experienced no major complications,” says Greg Stiegmann, M.D., who invented the procedure.

IMPROVED COLITIS DRUG

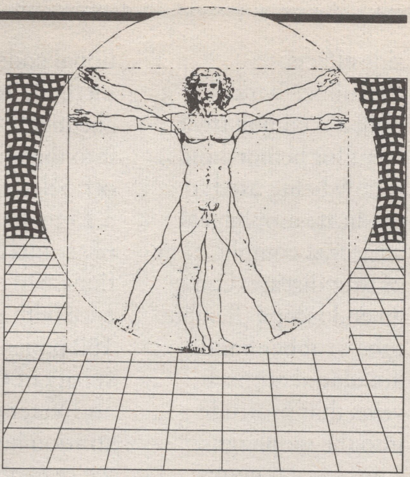
A new formulation containing only the active component of the most commonly used anticolitis drug, sulfasalazine, is extremely effective and bypasses the side effects, according to a study at the Mayo Clinic. The coated preparation of 5-aminosalicylic acid (5-ASA) induced complete or partial remission in 74 percent of patients who took the drug. By comparison, only 18 percent of those receiving a placebo (blank substitute) benefited (*New England Journal of Medicine,* December 24, 1987). Because of the coating, the drug is released mainly in the colon, where it’s needed. Only 4 percent of those receiving 5-ASA had an adverse reaction. By comparison, up to 33 percent of people taking sulfasalazine experience side effects.

Balloon Inflates Hopes for Ulcer Treatment

A quick, easy technique is being tested to stop bleeding from duodenal ulcers, a potentially life-threatening condition that often requires blood transfusion and emergency surgery. A balloon is fitted over an endoscope (flexible tube) and inserted into the upper portion of the small intestine (duodenum), the site of most bleeding ulcers. When inflated, it applies direct pressure, stopping the bleeding. It is then easily deflated and removed. “The balloon is still in the experimental stage in Britain and is not being used in the United States yet,” says Stephen Holt, M.D., of Southern Illinois University School of Medicine, who collaborated with British surgeon Dr. T. Vincent Taylor in developing the technique.

Training the Body to Cure Itself

The new medical science of conditioning may one day tackle arthritis, lupus . . . even cancer



MARC YANKUS

IMAGINE, IF YOU WILL, the brightest possible future for medicine. One in which even those chronic diseases most unresponsive to treatment yield, finally, to a new medical paradigm. And even better, imagine that this new approach teaches the body to use its own natural defenses—and ultimately eliminates the use of harsh drugs and surgery to fight disease.

International researchers following in the footsteps of Ivan Pavlov are working now to bring that future to reality. And if they succeed, their work could forever change the face of medicine.

You may recall that Pavlov rang a bell when lab animals were fed; later the sound of the bell alone was enough to make those animals salivate—despite the absence of food. Medical researchers soon realized that this was more than just a neat trick and designed experiments to see what other physical responses could be conditioned.

In 1982, for example, researchers at the University of Rochester gave mice lupus, a disease in which the body comes under attack by its own immune system. To combat the lupus, a powerful drug that suppresses the immune system was given to the mice—along with a drink of saccharin-sweetened water.

After this conditioning period, the drug treatment was stopped for some of the mice, and only the sweetened water was given. Astonishingly, the animals who got only the water fought off the effects of the lupus just as well as mice who continued to receive the drug. And no, there isn't anything special about saccharin—the researchers were careful to make sure that it didn't affect lupus by testing a separate set of mice who received only the sweetener and not the drug (*Annals of the New York Academy of Sciences*, volume 496, 1987).

In similar experiments, Vithal Ghanta, Ph.D., associate professor of biology and microbiology in the neurosciences program at the University of Alabama at Birmingham, used the smell of camphor to control cancer in mice.

NEW HOPE FOR THE FUTURE

Dr. Ghanta and her colleagues did their experiments with bone-marrow cancer—a particularly deadly form of the disease. "There's generally not a lot you can do for patients that have this cancer—it's usually fatal," she says.

The researchers gave 50 mice injections of a drug that causes the body to produce more interferon. This, in turn, augments the natural killer-cell activity that fights that particular cancer (among other diseases). The researchers repeated this nine times, each time exposing the mice to the strong smell of camphor (mothballs) around the time of the injection. Then they induced bone-marrow cancer in the mice.

Finally, the mice were divided into three groups: One group continued to receive the drug, the second got no treatment, and the third continued to sniff camphor on a regular basis.

The mice who received the drug survived only a little longer than the group that got no treatment at all. The group that got only the camphor, however, did much better. Three out of 10 went into remission. One later relapsed, but the other two survived to live out a normal life span (*Annals of the New York Academy of Sciences*, volume 496, 1987).

"I'm not entirely satisfied with the results," says Dr. Ghanta. "After all, it's only a 20 percent success rate." She acknowledges, however, that previous results in defeating such cancers have not been very encouraging. By comparison, 20 percent seems like a promising figure.

A SAFER ALTERNATIVE

The camphor-treated animals' internal systems had been conditioned to mimic the effects of the drug. Why then, didn't some of the mice who continued to receive the drug treatment survive as well?

"The drugs used to combat cancer are extremely toxic," says Dr. Ghanta. "That's why we're pursuing the angle of conditioning—to get the benefits of the drug without the toxic side effects."

While this experiment exposed the mice to the drug/camphor combination nine times before trying the camphor alone, Dr. Ghanta has also attained good results after just one pairing of a drug and a conditioning stimulus (a strong taste, smell, sight or sound that causes the body to "recall" the active treatment).

And the effects have been found to linger for quite a while. In other camphor studies by Dr. Ghanta, the benefits held firm for about 10 subsequent exposures to the stimulus alone.

OF MICE AND MEN

"Obviously, our goal is to eventually use this treatment to reduce the toxic side effects of drugs and thus improve cancer survival in humans," says Dr. Ghanta. "But our work is still at a very early stage of development. Before we move on to humans, we want to improve the survival rates of the mice. And we also need to know *why* it works."

That understanding is necessary because many cancers can't be controlled by the type of bodily defenses these mice were conditioned to marshal. "If we were to move directly to experiments with humans right now, we'd be limited to working with the cancers that respond well to interferon," she says. "Unfortunately, interferon is only effective against a few types of cancer.

"But there's no reason to believe that the effects of conditioning are limited to any specific types of cancer," she adds. "It's just that each type will probably require a different 'active' part of the therapy that *does* help fight that specific cancer."

HUMAN EVIDENCE

"Actually, there *have* been studies that show conditioning to work very well in humans," says Novera H. Spector, Ph.D., health scientist administrator in the division of fundamental neurosciences at the National Institutes of Health.

Back in the 1960's, Russian scientists were able to both stimulate and depress people's immune systems through conditioning, he says. "Some scientists feel that those studies need to be repeated before they can be taken seriously. But I've looked at the data carefully, and many of the experiments are very well done. They show conclusively that humans can be conditioned."

Furthermore, he says, a study in which humans have been able to raise their own natural killer-cell production through conditioning is currently under way in Europe. The details will be available as soon as the study is completed.

Dr. Spector feels certain that the findings of those European researchers will clear the way for American human studies to begin. "The evidence is now very good that conditioning will work in humans. In fact, I'm sure that it will work."

By using this technique, he says, we may not only enhance the effectiveness of many drugs but actually avoid them entirely in some cases. "The body, after all, is the ultimate medicine chest; it may supply what we need to fight a variety of diseases and chronic conditions. But first, we need to be able to teach ourselves to release those naturally occurring substances on command."

A WORLD OF CURES

Research has already shown that a wide variety of responses can be conditioned. "Studies done in the 1960's showed that both body temperature and blood pressure can be conditioned," says Dr. Spector. "More recently, studies have shown that conditioning can stimulate the immune system to combat cancer, or depress it to fight autoimmune conditions like lupus." And although it hasn't been tested directly, researchers suspect that the same principle can be applied to fighting arthritis. It's even been shown that conditioning can reduce an allergic reaction.

"Just about any physiological reaction can be conditioned," says Dr. Spector. "All you have to do is figure out what response in the body can affect the disease in question, then design a conditioning situation that will 'call up' that response."

That's just what's been happening at the Army's Research Institute of Environmental Studies in Natick, Massachusetts. Researchers there conditioned people with Raynaud's syndrome—a painful condition that cuts circulation to the hands in cold weather—to overcome their problem without the traditional answer of drugs or surgery.

The study subjects entered a room where the temperature had been dropped to the freezing point, and immediately placed their hands into a warm water bath for 10 minutes. This procedure was repeated 54 times over six weeks. When the people were later exposed to cold, their fingers were able to stay almost 7° F. warmer than before the treatment. They also reported less pain during subsequent attacks. Their bodies had been conditioned to dilate the blood vessels in their hands, rather than constrict them, in response to cold.

"The medical applications of what we've learned are obviously of vast importance," says Dr. Spector. "They offer exciting new prospects both in preventive medicine and in the treatment of many diseases. The doors are just being opened and the possibilities are endless."

by Mike McGrath

MARY FLOCK

Hi-Tech Healers From Nature's Medicine Chest

Scientific research is taming drugs from the wild and bringing them to the pharmacy

FOR FOLK HEALER AND pharmaceutical researcher alike, the whole earth is a medicine chest. Nature, traditionally, has yielded some of the most potent weapons against disease. From the bark of a Peruvian tree came quinine, the first known treatment and cure for malaria. From the purple foxglove came digitalis, a drug that makes a weak heart heartier. And from willow bark came the early form of aspirin, salicin. All of these were folk remedies before modern science "discovered" them.

Varro Tyler, Ph.D., professor of pharmacognosy at Purdue University and advisor to *Prevention*, estimates that one-quarter of today's drugs are derived from natural sources, and about 10 percent actually have their roots in folk healing. In fact, natural substances continue to be fertile ground for serious pharmaceutical research, and many may become the wonder drugs of tomorrow. Here's a selection of the latest crop of promising nature cures to undergo scientific scrutiny.

Feverfew spells fewer migraines. This aromatic herb has long been a folk cure for migraine headaches. Now a recent study at the University of Nottingham, in England, gives it scientific backing. Researchers studied 60 migraine sufferers. Half received capsules containing ground feverfew leaves and half received inactive capsules for four months. Then the groups switched for four months. The researchers found a 24 percent reduction in the number of headaches while the people were taking feverfew. Vomiting was also reduced. So was the severity of the attacks. And there were no significant side effects (*Lancet*, July 23, 1988).

In test-tube studies, feverfew inhibits the release of serotonin, a brain chemical that constricts blood vessels. Scientists suspect migraines may result when blood elements called platelets release excess serotonin.

Here's a honey of a healer. Results of a three-year clinical trial at University Teaching Hospital, in Calabar, Nigeria, suggest that unprocessed honey may heal wounds when more-conventional dressings and antibiotic treatments fail. In 59 patients treated for wounds and ulcers, honey was effective in all but one case. Topical application kept sterile wounds sterile until they healed, while infected wounds became sterile within a week. This study also showed that honey can be used to remove dead tissue from persistent wounds, helping some patients avoid skin graft or amputation (*British Journal of Surgery*, July 1988).

Honey is slightly acidic and absorbs water, which may account for its ability to reduce swelling in wounds, the researcher says. It also contains an antibacterial agent called inhibine.

Mutant fungi may yield anticancer drugs. Two newly developed strains of fungus yield large amounts of toxins called trichothecenes, potential cancer fighters. By themselves, trichothecenes kill both normal and cancerous cells. But when combined with monoclonal antibodies, proteins custom designed to zero in on cancerous cells, they may become potent anticancer drugs. The mutant fungi were developed by Marian N. Beremand, Ph.D., a geneticist in the Agricultural Research Service of the U.S. Department of Agriculture. Her research could increase the number of different trichothecene compounds available. "Cancer researchers may wish to select one kind of trichothecene that works best for a particular type of cancer," she says.

Chinese weed chokes malaria. A centuries-old Chinese treatment for malaria has inspired international research on the healing properties of a weed, *Artemisia annua*. Laboratory and animal studies show that arteether, a drug derived from the weed, is effective against the malaria parasite. The active ingredient is a molecule called *qinghaosu*. Scientists are now attempting to produce a derivative of *qinghaosu* that will be more potent and easier for the body to assimilate (*Journal of Medicinal Chemistry*, vol. 31, no. 3, 1988).

Amphibians yield antibiotics. A scientist's observation that frogs stay infection-free while swimming in bacteria-laden water may have important implications for victims of cystic fibrosis, burns and infectious diseases. Michael A. Zasloff, M.D., Ph.D., chief of human genetics at the Children's Hospital of Philadelphia, discovered—and was later able to synthesize—two slightly different strains of a powerful new antibiotic produced by the glands in a frog's skin. The antibiotics, which Zasloff calls *magainins*, are the first chemical defense other than the immune system to be found in vertebrates. Zasloff thinks humans may produce a similar chemical. He suspects that cystic fibrosis, a genetic disease characterized by bacterial infection of the lungs, may be caused by a defect in this system.

Broiled cactus stems diabetes. Mexican herbologists have long advised clients with diabetes to eat the stems of the nopal cactus. Recently, Mexican researchers found that 12 of 16 subjects who ate broiled nopal cactus stems had a significant drop in their blood sugar (glucose) levels within an hour. Glucose levels continued to decline for the next two hours. By comparison, diabetics eating broiled squash did not benefit. The researchers think something in the cactus may improve the cells' ability to use glucose, and that it may be useful in managing diabetes (*Diabetes Care*, January 1988).

Ginkgo breakthrough fans new research. Asians have relied on extracts of the fan-shaped ginkgo leaf since 3,000 B.C. to heal a wide variety of ills. Now the active ingredient, ginkgolide B, has been synthesized in the lab for the first time by Elias J. Corey, Ph.D., a Harvard professor. As a result, stepped-up research in this country and in Europe could lead to new treatments for asthma, toxic shock, circulatory and kidney disorders. Ginkgo extracts even offer promise as a safer alternative to the drugs now used by organ-transplant recipients.

How ginkgolide B works is not yet known. One theory is that the compound interferes with a chemical in the body called PAF, or platelet activating factor. PAF has been implicated in graft rejection, asthma and other immune disorders.

by Deborah Grandinetti

Headaches Bow to New Treatments

Scientists from around the world report progress in curing migraines and other types of headaches. Among the most recent findings:

- A nasal spray containing a hormone derived from salmon reduces both the intensity and duration of headaches, Italian researchers found in 22 people with migraines. The use of pain-killing drugs also was reduced. By comparison, migraine sufferers given a placebo (a blank substitute) did not benefit. The hormone, calcitonin, is normally produced by the thyroid gland in humans, and regulates bone loss. The researchers aren't sure why it works for migraines, but theorize that it interferes with brain chemicals that may be involved in the attacks. The hormone had proved effective in previous studies, but only when given in an injection. The researchers observed no side effects from the nasal-spray treatment. "Calcitonin seems to be a really effective alternative to the drugs used so far in the management of migraine," they say (*Headache*, April 1988).
- Researchers in England and West Germany have used a new drug that resulted in rapid and complete relief in 17 of 24 severe, acute migraine attacks in which it was tested. The remaining 7 attacks improved to mild headache status. The drug, which doesn't yet have a name (it's known as GR43175), may work by constricting certain arteries believed to open up during migraine attacks. It lacks the side effects of drugs commonly used for migraines. These preliminary results need to be confirmed in a more rigorous study, the researchers say, but they believe the drug "may represent an important step forward in the therapy of acute migraine" (*Lancet*, June 11, 1988).
- Researchers in Italy found that biofeedback training reduced the frequency of tension headaches in a group of 20 young adult patients ranging in age from 15 to 26 years old (*Headache*, June 1988).
- In another recent study, biofeedback treatment was also deemed useful in treating children's migraines. All nine children involved in the study reported significantly fewer migraines when checked one year later, say doctors from Schenectady, New York (*Headache*, May 1988).

Tiny Balloon Restores Fertility

Blocked fallopian tubes—a major cause of infertility—may be repaired by the same technique being used to open blocked arteries. A catheter is threaded through the cervix and uterus up to the blocked fallopian tube. A tiny balloon at the end of the catheter is inflated, which expands the walls of the tube and frees the obstruction. Balloon catheterization does not require surgery or hospitalization, unlike methods now used to clear tubes. It's also less expensive than in vitro fertilization, a procedure that bypasses blocked tubes. And while it has only been successful in a limited number of women so far, according to Norbert Gleicher, M.D., of Mount Sinai Hospital Medical Center, in Chicago, the advantages are so promising that clinical trials are under way at several medical centers around the country.

IODINE FOR BREAST DISEASE

A new study by William Ghent, M.D., of Queen's University, in Ontario, and Bernard Eskin, M.D., of the Medical College of Pennsylvania, saw fibrocystic breast disease respond dramatically to treatment with iodine, confirming previous work. More than 1,300 women with painful, benign breast lumps took a special preparation called diatomic iodine for one year. In 95 percent of the subjects, the pain and the lumps were completely eliminated. Diatomic iodine seems to work even better than previously tried forms of the element, says Dr. Ghent, and it's much more effective than Danazol, a drug that's commonly used but has substantial side effects. *(Note:* The iodine found in multivitamins and food is different, and the antiseptic is for external use only—and won't work anyway.)

Current Treatment For Cramps

You may have heard about its use for soothing the discomfort of dental treatment. Now TENS (transcutaneous electrical nerve stimulation) is tackling the pain of dysmenorrhea—severe menstrual cramps. A new TENS device is being marketed by 3M Company under the name Optenz. The small, bat-

LONNIE SUE JOHNSON

tery-operated unit works by sending tiny electrical impulses through the abdomen. It's thought to relieve menstrual pain in two ways: "It may overload signals on the nerve fibers that conduct pain from the pelvis, thus blocking the perception of pain. Or, it may stimulate nerve fibers to release endorphins, the body's 'opium,' which would increase tolerance to the pain," says Yusoff Dawood, M.D., a leading dysmenorrhea researcher at the University of Illinois College of Medicine. If you don't get relief from ibuprofen or other remedies, you might ask your doctor to prescribe the Optenz device, he says.

Husband's Cells Conquer Miscarriage

An injection of white blood cells from her husband can prevent a woman's body from rejecting her fetus, a common cause of recurring miscarriages. "We've seen a tremendous success rate—about 80 to 90 percent—with this procedure," says Neal Rote, Ph.D., of the University of Southern Maine. "Most of the women who have the injection and get pregnant within a year deliver a healthy baby." In response to pregnancy, a woman's immune system normally produces proteins that keep it from attacking fetal cells. But in many women with recurring miscarriages, this doesn't happen. The husband's cells can substitute, though, stimulating the im-

Calcium Quells PMS

Calcium supplements recently proved successful in fighting the symptoms of premenstrual syndrome (PMS). In a preliminary study, New York Medical College researchers gave two groups of women either calcium supplements or placebos (inactive tablets) on the first day of their menstrual period. After three months, the groups switched treatments, and continued for three more months. Neither the researchers nor the women knew which they were getting until the end of the trial. Twenty-four of 33 women (72 percent) reported having much less pain, water retention and mood swings while they ovulated, and less pain during menstruation while taking the calcium. Only 15 percent found relief while on the placebo. The next step: studies to find the most effective dose and time of month to take calcium.

mune system to create the protective proteins. The treatment is now available at the University of Utah (in Salt Lake City), the University of Southern Maine and Foundation for Blood Research (in Portland), the University of Miami, Chicago Medical School, and Thomas Jefferson University (in Philadelphia). "A woman's physician can mail a sample of her blood to one of these centers," says Dr. Rote, "and if she's diagnosed with this particular problem, the center can advise her physician and arrange for treatment." Or people can contact the Foundation for Blood Research directly, at P.O. Box 190, Scarborough, ME 04074.

NASAL SPRAY STOPS ENDOMETRIOSIS

A new synthetic hormone seems to control endometriosis without the weight gain, muscleaches or cholesterol changes seen with danazol treatment. Endometriosis is a condition in which uterine tissue escapes the womb and grows in the abdomen. The drug, nafarelin, is administered as a nasal spray. According to researchers, it works by temporarily stopping the body's production of hormones that plump up the uterine tissue before menses. The drug will be submitted for FDA approval sometime next year.

Better Drug Cools Hot Flashes

LONNIE SUE JOHNSON

A study done in Israel suggests the drug veralipride may eliminate the hot flashes and excessive sweating many women experience during menopause. Researchers in Tel Aviv studied 50 women attending a menopause clinic. Both hot flashes and excessive perspiration were eliminated in 63 to 80 percent of the patients taking the drug, depending on the dosage regimen. By comparison, women taking a placebo (blank substitute) improved only about half as much. Veralipride did cause a slight breast discharge in some of the women, but the problem cleared up promptly when the drug was stopped. The researchers still consider the drug "far superior" to commonly used drug and hormonal treatments (*American Journal of Obstetrics and Gynecology*, May 1988).

Easing Stiff Joints Four Ways

Four promising new drug treatments attack arthritis from different angles.

■ A new drug that's actually a carbohydrate (amiprilose) may take the starch out of arthritis. The drug, Therfectin, seems to alter the immune system, preventing damage to joints, according to Jacques R. Caldwell, M.D., of the University of Florida College of Medicine, in Gainesville. About 70 percent of patients treated with the drug have had a decrease in swelling, joint tenderness and the number of joints involved. And studies seem to indicate that it has fewer, milder side effects than other drugs.

■ Another new treatment, radiation synovectomy, accomplishes the same effect as surgery for rheumatoid arthritis. "With the new technique, a radioactive drug is injected into the joint," says Joseph Zuckerman, M.D., of the Hospital for Joint Diseases in New York City. The treatment results in destruction of the inflamed joint lining, which is then replaced by a less inflamed lining. Recuperation is much quicker than for the comparable surgery, there is no incision or anesthesia, and if symptoms return, the treatment can be repeated to provide up to several years of relief. The radiation exposure is no more than a routine x-ray.

■ Rheumatologists know that stress causes arthritis to flare up. Now researchers report that drugs that inhibit the effects of a stress-related hormone, norepinephrine, may also calm the inflammation of arthritis. The drugs are called beta-2 blockers. "Other drugs currently used for the treatment of arthritis help reduce the pain and swelling, but beta-2 blockers have been shown to arrest further damage of the joint," says Jon Levine, M.D., of the University of California in San Francisco.

■ Cyclosporine, a drug used to prevent rejection of organ transplants, may also halt rheumatoid arthritis. In a study by researchers at Cochin Hospital in Paris, more than half of 26 patients who received the drug considered the treatment "good" or "very good." By comparison, only 2 of 26 patients receiving a blank substitute were pleased. Medical tests supported the patients' views (*Journal of the American Medical Association*, July 8, 1988).

Moving Islands to Cure Diabetes

Type-I (insulin-dependent) diabetes begins with destruction of the islets of Langerhans in the pancreas, where beta cells produce blood-sugar-regulating insulin. Now, in an experimental procedure, physicians are transplanting healthy islet cells into type-I diabetics. "Insulin injections help diabetics regulate their blood sugar, but it's not good enough to prevent the complications of diabetes, such as kidney failure, blindness or damage to blood vessels," says Paul Lacy, M.D., professor of pathology at Washington University in St. Louis. With new active cells, however, there's no guesswork—they can produce exactly what's needed. Currently, transplants are being done only in patients who are also undergoing kidney transplant. "If that's successful in reversing insulin dependence," says Dr. Lacy, "we'll begin transplanting islet cells by themselves."

Intensive Care May Reverse Diabetes

If caught in time, type-I (insulin-dependent) diabetes may be partially reversed with intensive insulin therapy. "High blood sugar causes T cells of the immune system to run amok," says Jean-Louis Selam, M.D., associate professor of medicine at University of California, Irvine. "T cells destroy the beta cells [in the pancreas] that produce insulin." With the experimental therapy, blood sugar is precisely controlled for about one month. This gives the beta cells a chance to rest and quiets the immune system, according to Dr. Selam. "Some patients who undergo therapy have had remission of the disease from 7 to 24 months," he says. Therapy must begin before all beta cells are destroyed, however.

Curbing Immunity May Arrest Diabetes

A drug that inhibits the immune system may halt diabetes, new research suggests. "We now know type-I diabetes is a disease in which the body's own immune system attacks the beta, or insulin-producing, cells," says John Dupre, M.D., professor of medicine at the University of Western Ontario, in London. "If we use and perfect immunosuppressants to inhibit beta-cell destruction, we may uncover treatments that will be more effective than insulin therapy alone." Immunosuppressants allow beta cells to continue producing insulin on their own, eliminating fluctuations in blood sugar common with insulin therapy. "Some patients have had remissions from three to five years using an immunosuppressant called cyclosporine," says Dr. Dupre. "No one is cured at this point, but everyone benefits." The drug must be taken constantly to maintain remission, however, and requires close monitoring to prevent potentially serious side effects.

Dr. Dupre and his colleagues at the university are continuing their clinical trials.

High-Pressure Tactic Cures Diabetic Ulcers

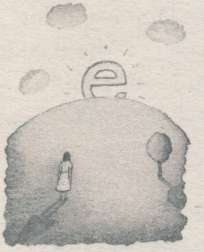
Poor circulation and loss of sensation in diabetics often result in persistent ulcers. These wounds can take years to heal with conventional therapy of bed rest and antibiotics. But the added use of hyperbaric oxygen therapy may change all that. Patients enter a chamber in which they breathe pure oxygen at about twice the atmospheric pressure at sea level. "This increases the oxygen content of the blood, so even though the blood supply is still low, more oxygen reaches the ulcer, promoting healing," says Richard Moon, M.D., of Duke University Medical Center. Patients are treated once or twice a day for 20 days. The wound is usually completely healed after that time.

Knee Repair

Gore-Tex: A Slick Ligament Fix

People with ruptured knee ligaments recover three to four times faster when patched with Gore-Tex instead of the body's own tissue, says Roger Larson, M.D., of the University of Washington Medical School. "Unlike transplanted tendons that need time to attach to the bone and develop a good blood supply, Gore-Tex doesn't have to heal," he says. "We just tie the bones together and fix the Gore-Tex in place with screws." The Gore-Tex ligament (made of braided Teflon) costs $1,500, but the shorter rehabilitation period—6 to 12 weeks instead of one year—means savings in both medical costs and lost wages. Right now, they're only available for use when tendon transplants have failed. But Dr. Larson expects the Food and Drug Administration to approve Gore-Tex ligaments for general use within a year.

Vitamin E May Stop Stubborn Skin Disease



Granuloma annulare, an inflammatory skin disease of the hands and face, can persist up to 25 years—and recurs in about 40 percent of cases. Current treatments have failed to cure it. In a letter to the *International Journal of Dermatology* (June 1988), however, three doctors from Egypt report encouraging results when vitamin E was applied to the skin. The doctors administered vitamin E to 10 patients ranging in age from 3 to 50. The condition disappeared in one to three weeks, and no recurrence was noted after a full year. The doctors hope further studies will be equally successful and explain how the vitamin works.

HERPES HELP

Good news for both oral and genital herpes sufferers:

■ A tenacious new gel eases the pain of fever blisters (and canker sores). It sticks for up to eight hours, even to the wet mucous membranes inside your mouth, according to independent studies from the University of Alabama School of Dentistry and Comprehensive Cancer Center. Researchers found that it soothed and protected even the painful sores people undergoing cancer chemotherapy sometimes develop. The gel, called Zilactin, forms a healing, flexible film over sore spots (*Oral Surgery, Oral Medicine and Oral Pathology Journal*, June 1988). It's available over the counter.

■ In a study at the University of Mexico School of Medicine, adults with recurring genital herpes were enrolled in a one-year program that compared long-term use of the drug acyclovir with use only during flare-ups. Those given continuous ("suppressive") treatment had an average of 1.8 recurrences, and 44 percent had none. In contrast, those given "episodic" treatment averaged 11.4 recurrences and only 2 percent escaped them altogether. There were no toxic effects and the people did not build up resistance to the drug after long-term treatment. "Patients . . . strongly preferred suppressive to episodic treatment," the researchers say (*Journal of the American Medical Association*, July 8, 1988).

■ The idea that supplements of the amino

LONNIE SUE JOHNSON

acid lysine help prevent or limit herpes flare-ups is still controversial. In a recent study at the Indiana University School of Medicine, 27 people with recurrent facial-oral or genital herpes, or both, took three grams of lysine daily for six months. They reported an average of 1.8 fewer attacks than would normally be expected. Their symptoms were significantly less severe, and they healed faster. By contrast, 25 herpes sufferers who took blank look-alike pills had more recurrences and healed at the usual rate. The researchers think lysine works by competing with another amino acid, arginine, which is essential for replication of the herpes virus (*Dermatologica*, volume 175, 1987). **Note:** Experts on amino acids advise people to check with their doctors before taking large amounts of these nutrients.

Expanded Arsenal for Cosmetic Surgery

New devices called tissue expanders are being used experimentally to treat baldness, remove scars, and aid in breast reconstruction. Here's how they work: Balloonlike rubber implants are inserted under the skin in the problem area. Then, they are gradually "pumped up" with a saltwater solution, stretching the overlying skin. After a month or two, the device is removed and the stretched skin is manipulated to cover the defect. "We're expanding good tissue and using it to correct a deformity," says Andrew Kleinman, M.D., of the United Hospital Medical Center and New Rochelle Hospital Medical Center.

SAFER TREATMENT FOR ACNE ROSACEA

A new, topical treatment is proving as effective as oral antibiotics in the treatment of acne rosacea, an extremely resistant form of acne characterized by a rosy-red skin color. In a study by Larry Millikan, M.D., professor of dermatology at Tulane University, application of metronidazole cream (brand name Flagyl) worked as well as antibiotics but avoided the side effects.

The study involved 19 middle-aged patients who had acne rosacea for more than nine years. After eight weeks' treatment, 16 of the 19 patients improved by at least 50 percent. Eleven patients improved by 75 percent. Dr. Millikan expects the FDA to approve the new treatment soon, since metronidazole has been approved for other uses since the 1960's.

Lasers Spiff Up Tired Skin

Doctors are beginning to use lasers to "resurface" the face. Like dermabrasion and chemical peel, lasers remove top layers of skin and, in so doing, erase fine lines, surface discolorations and minor acne scars. Whether lasers yield a better result than these other techniques remains to be determined. But unlike the older procedures, laser "resurfacing" is usually painless during recovery, does not cause bleeding and carries almost no risk of infection. Another plus: With the laser, doctors are much better able to control the amount of skin removed than with the other techniques. The long-term effects of the procedure are unknown. Its disadvantages? A full-face treatment can cost up to $3,000. And at least for now, only a small number of doctors are qualified to do it.

Cultures Offer New Vitiligo Cure

Transplanting a patient's own cells may someday provide the cure for vitiligo, a skin disorder in which loss of pigmentation results in unsightly white patches. "Recently, new cell-culture techniques have been developed for the selective growth of melanocytes [pigment-producing skin cells]," says Miriam Brysk, Ph.D., of the University of Texas Medical Branch, Galveston. So a patient's own melanocytes can now be grown for transplantation onto affected areas. So far, the new grafting technique has been used on four patients. Two experienced normal pigmentation and two did not. In the successful cases, healing was complete after two weeks, and repigmentation started after about one month and continued for several months. "I think the new procedure is a hopeful thing," says Dr. Brysk, "but the technique still needs to be perfected."

Primrose Oil For Childhood Eczema

Some studies have reported good results using dietary supplements of evening primrose oil to treat atopic eczema, an allergic skin disease, in adults. But the treatment has not been effective in children. Recently, however, a study at the Nutrition Research Center in Bologna, Italy, was conducted on 24 children with the disease. Twelve of them were given six 0.5-gram capsules per day of evening primrose oil—a dose one-third higher than in previous studies—and 12 were given olive oil instead.

After four weeks, two-thirds of the children taking evening primrose oil showed marked improvement, while no response was noted in the other group (*Drugs Under Experimental and Clinical Research*, volume XIV, 1987). Further work is necessary to confirm this and explain the mechanism. Check with your pediatrician before trying this treatment.

New Techniques Speed Healing

Time doesn't heal all wounds. Hence the exciting research on the cutting edge of wound healing.

■ Growth factors, hundreds of substances the human body makes to heal injuries, comprise our built-in repair kit. Now, through biotechnology, large quantities of these growth factors are being created. And research is under way around the country to test their effectiveness in the treatment of cornea damage, burns, diabetic skin ulcers and pressure sores. At the University of Minnesota Hospital and Clinic, for example, 18 of 24 people who faced amputation because of nonhealing wounds, avoided it after growth-factor therapy. To date, over 850 Minnesota patients with sores that persisted for over two years despite conventional therapy were healed by applications of growth factor in about 10 weeks. Several growth-factor treatments have been approved by the Food and Drug Administration for preliminary testing.

■ Cleaning skin injuries by scrubbing or with high-power water sprays does not always prevent infection, and can make the wound worse. On the horizon: cleaning with ultrasound. In tests on animals, Larry Nichter, M.D., of the University of Southern California, found that immersing the injured area in a sterile bath and passing low-frequency sound waves through the water shakes loose bacteria and other contaminants without damaging healthy tissue. Tests on people are planned for next year. If equally successful, Dr. Nichter predicts that ultrasonic cleansing may become standard practice in emergency rooms and doctors' offices.

Eventually, he says, ultrasonic devices may be part of everyone's first-aid kit.

Aspirin for Allergies?

Aspirin and nonsteroidal anti-inflammatory drugs (NSAID's) may control runny noses in some allergic people. Doctors at Louisiana State University School of Medicine, in New Orleans, looked at a man who said he had been controlling his hay fever (allergic rhinitis) symptoms with aspirin for five years. (He had quit taking antihistamines because they made him drowsy.) They found that when he took aspirin or indomethacin (an NSAID), his nasal symptoms decreased for up to eight hours. By comparison, an antihistamine had the same effect, but a blank look-alike (placebo) had no effect. Aspirin may work by affecting the immune system or inflammatory response, the researchers say. More study is needed to determine if other people might find allergy relief with aspirin (*Annals of Allergy*, May 1988).

IMPLANT STOPS INCONTINENCE

People who suffer from urinary incontinence—an estimated 7 to 13 million Americans—can regain bladder control with an artificial sphincter invented at the Baylor College of Medicine. The sphincter implant, a balloonlike rubber cuff, is placed around the urethra, or bladder neck, in a one-hour operation. The patient deflates the implant to allow urination. "No one but the patient knows it is there," says Irving J. Fishman, M.D., one of the surgeons who implants the device. The implant is already available at many hospitals, he says. The best candidates are people who have not had surgery, radiation treatment or an injury in the area of the urethra.

Blood Cells On Demand

Hormones that stimulate the growth of red and white blood cells can now be produced by genetic engineering in quantities large enough to be used as medicines. Some scientists consider this a revolution in medicine equal to the discovery of antibiotics. Some applications:

- Hormones that stimulate white blood cells could be given to patients on cancer chemotherapy, which destroys white cells and leaves them vulnerable to infection.
- One hormone, called erythropoietin, could be prescribed for people with anemia, who do not produce enough red blood cells on their own.
- It could also be

given to people facing surgery, who want to stockpile their own blood in case they need a transfusion. Erythropoietin helps the body replace blood quickly, so the patient would not be in a weakened state for the operation.

■ Eventually, erythropoietin may allow scientists to make blood outside the body. That would reduce the need for blood banks and lower the risk of infection from a blood transfusion.

ONE-SHOT RELIEF FROM PAIN

New anesthetic technology may eliminate slurred speech, facial numbness and prolonged pain from dental extractions. Anthony Kirkpatrick, M.D., Ph.D., associate director of the University of South Florida Pain Center, and Duncan Haynes, Ph.D., professor of pharmacology at the University of Miami, have found a way to encase droplets of anesthetic in microscopic lecithin capsules. When a suspension containing these microscopic capsules is injected into the body, the pain reliever is released slowly. The advantage of this experimental anesthetic is twofold: First, pain relief lasts 24 to 48 hours, instead of only three to four hours, as with current methods. Second, the medication "stays put"; it numbs only the tooth to be extracted, not the tongue and jaw as well. Other targets for microdroplet technology include chronic back pain, inflammatory problems such as arthritis, and pain from serious injury.

Artificial Sniffer

An "artificial nose" developed at Sandia National Laboratories, in New Mexico, may someday help people who have lost their sense of smell avoid dangers, ranging from leaking gas to spoiled meat. The manmade smeller is a microsensor that detects hydrogen and other gases and sounds an alarm if one is present. It was invented to help technicians monitor safety conditions in nuclear-weapons stockpiles, but the researchers envision many industrial uses. Some doctors see another use: a home version, which might be worn like a wristwatch, to aid elderly people who have lost their sense of smell. The sensor costs only a few dollars to make.

LINDA BLECK

Antishyness Drug

People who suffer debilitating shyness can now get help—from a drug! Researchers at Stanford University have discovered that many shy people have lower amounts of a chemical called dopamine in their brains. Dopamine is known to make a person more talkative, active and excitable—in other words, more outgoing. A group of prescription drugs called monoamine oxidase (MAO) inhibitors increase levels of dopamine in the brain, and are already in use for treating depression. Now researchers at Columbia University have successfully used the drugs to overcome shyness. Until now, the only treatment available for shyness had been psychotherapy. Not all shyness is chemical in nature, cautions Stanford researcher Roy King, M.D., although shyness in other family members is a good clue that yours may be due to an inherited metabolic imbalance.

Antidote for Altitude Sickness

Mountain climbers laid low by altitude sickness have always thought there was only one solution: Descend to a lower elevation where oxygen is more abundant. But a simple inhalation of carbon dioxide (CO_2) may cure their nausea and headache, and even prevent loss of consciousness, according to Marcus Raichle, M.D., a neurologist at Washington University, in St. Louis. Inhaling small amounts of CO_2 (such as by breathing into a paper bag) may deliver enough CO_2 to the bloodstream to dilate blood vessels in the brain, enabling it to absorb more oxygen. More oxygen to the brain means less illness for high-altitude hikers.

Heart-Attack Stopper Heals Eyes

Tissue plasminogen activator (tPA), a drug that stops heart attacks while they are happening by dissolving blood clots, can also undo a common complication of detached-retina surgery. When a minuscule amount of tPA is injected into the back of the eye, it dissolves clots formed during the surgery. Untreated, the clots can cloud vision and even cause blindness. George A. Williams, M.D., of the Medical College of Wisconsin, says his preliminary tests show tPA more effective at treating this clot formation than steroids or other drugs.

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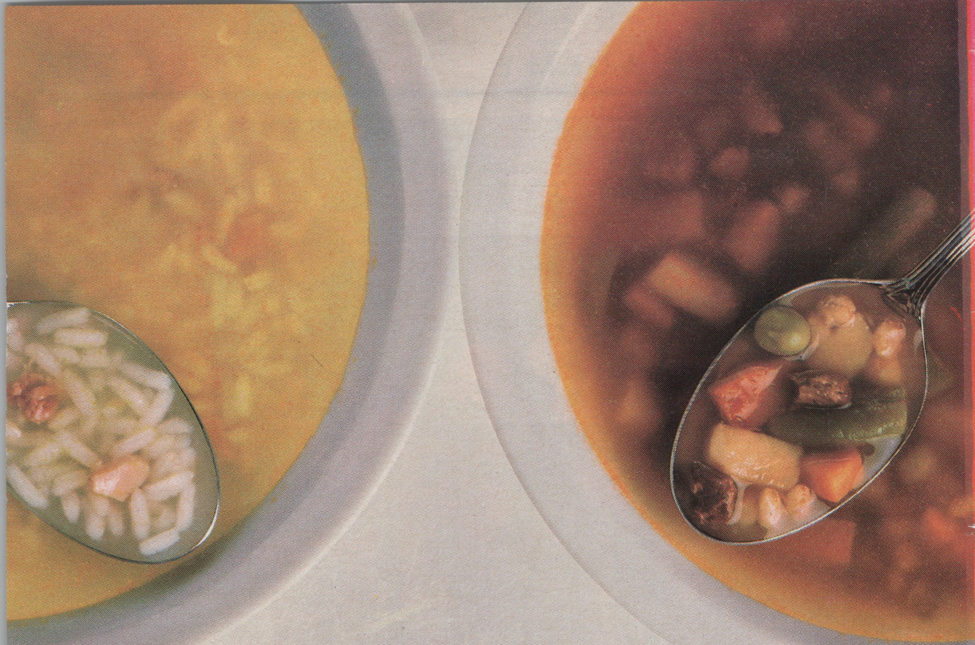

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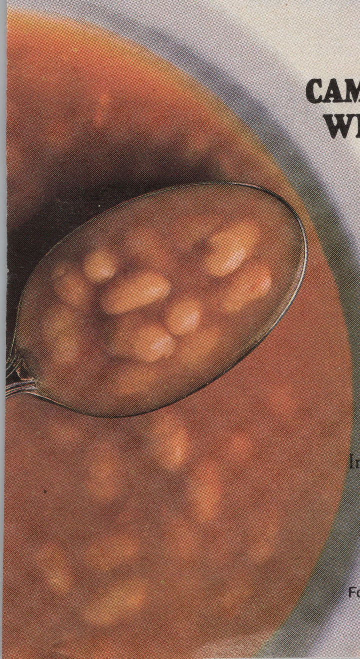

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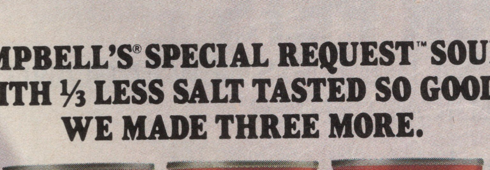
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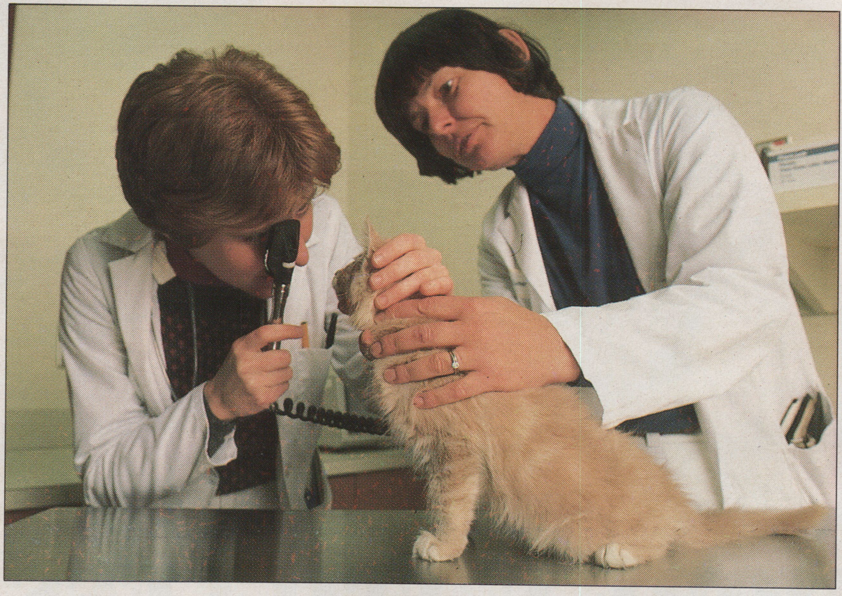

SETH RESNICK

INTENSIVE HEALING FOR PETS

FROM THE TUFTS NEW ENGLAND VETERINARY MEDICAL CENTER

Breakthroughs in veterinary medicine that can help you keep your pet healthy for life

PACEMAKERS ARE INstalled to keep the heart of man's best friend thumping faithfully. Chemotherapy treats cancers in cats and dogs. Ultrasound machines send echoes through animal bodies and back to computers that assemble images of anything from a bladder stone to a litter of unborn kittens. Shattered bones are rejoined with stainless-steel plates—and in a few days the patients walk out of the hospital on all four legs, tails wagging.

Welcome to the new high-tech world of veterinary medicine, as practiced at state-of-the-art institutions like the Tufts New England Veterinary Medical Center.

Why all the effort—and, yes, expense—for animals? Because we've come to realize that pets are good for our health and happiness. "As Americans have attached more emotional value to their pets, they're willing to invest more in their health care," says dean of Tufts School of Veterinary Medicine Franklin Loew, D.V.M., Ph.D.

To a certain extent, too, advances in animal medicine help us. Research on the feline leukemia virus contributed directly to the identification of the AIDS virus, for example.

One consequence of all this: Veterinary medicine, like human medicine, is becoming more sophisticated. There are now veterinary surgeons, dermatologists, neurologists, cardiologists, ophthalmologists, behaviorists and others who treat specialized problems. "From a technical point of view, there's nothing that can be done to people that can't be done to animals," says Dr. Loew.

True, high technology is not always the answer when an animal is ill. "There are still many things a veterinarian can tell by picking it up and looking at it," says Dr. Loew. "But more and more of the problems we see in dogs or cats or birds or whatever require an x-ray or a CT scan or an ultrasound."

SETH RESNICK

Pets, like people, benefit from regular checkups to detect health problems early.

And these and other advances in veterinary knowledge and technology are paying off: They're helping pets live longer than ever. "Nowadays," says Dr. Loew, "the diseases of old age that may seem hopeless are not, including cancer."

Here are some of the innovations and news you should know about:

DIET AGAINST DISEASE

Heart disease and amino acids It's big news: The amino acid taurine is saving the lives of some cats who suffer

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The Tufts New England Veterinary Medical Center is a state-of-the-art veterinary-health-care complex in Grafton, Massachusetts. It's operated by the Tufts University School of Veterinary Medicine and includes the Henry and Lois Foster Hospital for Small Animals, where dogs and cats are treated; the Wildlife Clinic, for native birds and wild animals; and the Hospital for Large Animals.

a form of heart disease called feline dilated cardiomyopathy.

Until about two years ago, there was little hope for cats who developed this enlargement of the heart. Then veterinary researchers found that supplementation with taurine can reverse the course of the disease in many cases.

The discovery raises almost as many questions as it answers. Taurine is in some fish and shellfish and appeared to be adequate in most cat foods. Is the problem with certain

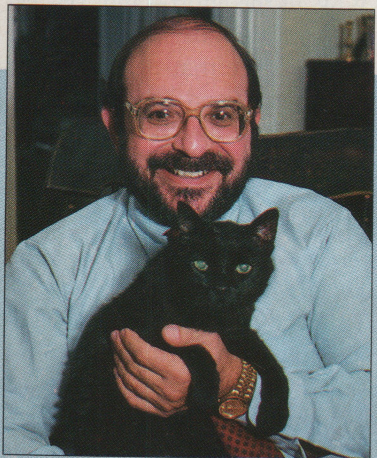
HOW TO HELP YOUR PET LIVE LONGER

Minuit Loew is an elegant, petite black half-Siamese, worthy of her French name ("minuit" means midnight). She's also 21 years old. That's about 85 in human years, according to her proud companion, Franklin Loew, D.V.M., Ph.D., dean of Tufts Veterinary School. We asked him what we can do to improve our pets' longevity.

"Today pets are generally living longer than ever before. New advances in veterinary medicine are playing a part in that. But much of the credit must go to the pet owners. People are better about bringing their pets in for regular checkups, so we're able to detect potentially dangerous health problems early," he says.

As for his secrets to Minuit's longevity:

"Part of it is luck. Part of it is that she has never been out of the house, except on a leash, and I don't do that very often. Indoor cats invariably live longer than outdoor cats, because they're not exposed to the diseases of other cats, they don't get into fights, which can result in infections, and they can't get hit by cars.



CHRIS AHO

"I feed her well. The good brands of commercial cat food are excellent. I rotate them. I don't overfeed her—there's no question that obesity reduces life span.

"And I love her a lot, although now she drools in my lap. She's 21! She's older than my kids!"

cats that may not assimilate taurine well? Or does the processing of cat food reduce the bioavailability of the taurine? The pet-food industry and veterinarians are trying to answer these questions.

Urinary-tract disorders and mineral restriction As many cat owners will testify, cats are particularly prone to a painful urinary disorder called feline urologic syndrome. The syndrome is caused by crystallized minerals and protein in the urinary tract.

In the past, this problem has been treated with drugs and sometimes surgery. Diet is now becoming the treatment of choice. There are new food formulations designed to increase the acidity of the urine to dissolve crystals or prevent them from forming. There are also new diets low in magnesium and "ash," which discourage formation of crystals. ("Ash" refers to the minerals that are left after food is burned, including magnesium, phosphate and calcium.)

Kidney disease and protein Kidney failure is a leading cause of death in cats and dogs. "We don't know what causes kidney failure in the majority of cases," says Tufts veterinary kidney specialist Linda Ross, D.V.M. "But we now know that once an animal has kidney disease, a low-protein diet will slow the rate of its progression."

An unanswered question: Should a healthy animal also be eating a low-protein diet for its kidneys' sake? Dr. Ross says protein restriction is not a bad idea for older animals, though there is no evidence that a high-protein diet hurts a normal kidney.

By the way, people-doctors are asking similar questions: They've recently begun prescribing low-protein diets for patients with kidney disease.

Diet savvy Veterinarians have learned a thing or two about diets for healthy animals. They now know that you shouldn't try homemade meals on your pet without advice from an expert. Pets' nutritional needs are too complex. (A steady vegetarian diet can kill a cat, for example, because a cat requires some amino acids and at least one vitamin found only in animal products.)

Your best bet: Go for top-quality, name-brand pet foods; the big companies have done the most testing. And buy foods formulated for your pet's age and health.

When in doubt, talk to your veterinarian, particularly if your pet has any of the health problems described here. She or he will prescribe the appropriate diet.

FIGHTING CANCER

These days a cancer diagnosis for a

Continued on page 127

TRAMPING THROUGH TEMPERATE RAIN FORESTS

The Prevention Walking Club explores the heights and grandeur of British Columbia

THE PACIFIC NORTHWEST owes its verdant lushness to rain—and lots of it. But the gray clouds surrounding Vancouver airport melted away as our plane landed on June 10. And the Prevention Walking Club spent five dazzlingly sunny days in this land of snowcapped mountains, towering cedars and glass skyscrapers.

And what an adventure-packed five days! We took a 6 a.m. bird-watching walk with the mottled blue-and-white Olympic Mountains for a backdrop and a 9 p.m. city-walk through Victoria's charming historic center. Then there were the forest trails, the botanical gardens and parks, and the ever-popular shopping walks.

THE CAPTAINS AND THE CREW

Robin Tagles and Michael Sather, cofounders of Hummingbird Nature Tours, orchestrated our British Columbia adventure with an eye for visual drama and a taste for good restaurants. (An appropriate balance for walkers, if you ask me.) Naturalists and archaeologists by avocation,

BRIAN STABLYK / ALASKA PHOTO

they expanded our historic senses with tales of aboriginal culture via burial mounds, elk pits and ancient compost heaps. They enhanced our physical senses with identification of trees, wildflowers, herbs and bird songs. And they satiated our culinary senses with hearty whole-grain breakfasts and gourmet dinners.

The crew of 20 Prevention Walking Club members hailed from as far north as Alaska and as far south as Georgia. A Bermudian and a Canadian were also among our group. As usual, within a day or two of walking and talking and sharing this wondrous experience, our backgrounds blurred and we became "the Prevention walkers."

MOUNTAINS AND MAJESTY

Born and bred in New Jersey, I've never seen real mountains or real trees before. At least not like they grow 'em on the West Coast—redwoods and Douglas firs and cedars that look like they were around long before the white man began to change the landscape. From almost any vantage point in the city of Vancouver you can find mountains peeking around the shimmering glass skyscrapers, reminding you of who was here first.

HIGH TIMES ON THE TRAIL

Now, we didn't actually trek in the mountains, but Robin and Michael

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gave us some interesting heights to tackle. First, there was the Capilano Suspension Bridge, swaying 450 feet over the gorge of the Capilano River. Open since 1899, it is the longest suspension footbridge in the world. We visited the bridge in the early evening, just before dinner. After a short historical tour, I watched as our intrepid group dashed across the bridge and disappeared into the forest on the other side. Nobody expected *me* to be afraid of heights! Shuffling out on the bridge about 20 feet to get a picture, I suddenly broke into a cold sweat. My stomach began to heave and twist as though the five-inch-thick cables were just nylon threads. I inched my way back, gave the bridge a defiant little bounce and then waited for the gang to return. Back they came, all smiles. Oh well, maybe I'll do it next year. I bought a postcard for my kids—"the bridge I didn't go across."

Later, on Galiano Island, a pristine resort island north of Victoria, we were walking along the Bodega Trail, so high we could look *down* to see bald eagles fly by. We came to a ridge that, although safe enough, was a bit too narrow for some members to cross comfortably. Michael offered to tramp down a trail through the brush, away from the edge.

He called me to take the front of the line and lead the more stoic ones along the ledge. I had to laugh. *Me!* One of the few not to cross Capilano! But with terra firma beneath my feet instead of planks and air, I had no problem, as long as I didn't look down too often!

SINGULAR STRIDING

One of our members, Bill, had an advantage in this matter of heights. He couldn't see how high he was and he would stride with confidence. Bill is blind. From a distance, you would be hard pressed to single him out of the group. Bill usually walked behind his girlfriend, Barbara, with a long stick held between them. Occasionally, Barbara would give him instructions but mostly she just commented on the scenery. Bill used his acute senses of hearing and what he laughingly referred to as sonar to step briskly through the most rugged terrain. He seemed to be able to sense roots and rocks through the soles of his feet. It was uncanny to watch him.

He explained to me that he could feel a pressure on his face, from the ear down, from objects that were nearby. He said he could sense a pole 15 feet away!

In Vancouver's Stanley Park one morning, as we walked along the sea wall, I suggested that everyone take a partner and walk for a while with their eyes closed to get a glimpse of the world Bill was sharing with us. Not only do you heighten your senses of hearing, touch and smell, you learn a lot about trust!

Bill was an amiable and inspirational walking partner. He also had a penchant for puns. On Vancouver Island, for example, after the local forest ranger explained how the Coast Salish Indians stripped long lengths of bark from the cedars and made clothing from the bark fibers, Bill piped up, "And if your clothes didn't last very long, you knew you were barking up the wrong tree!"

Now let's see. I didn't mention the wonderful ferry rides between islands, the Butchart Gardens or the Vancouver Aquarium, the Lost Lagoon, or our walk of silence that seemed to instantly turn the cedar forest into a natural cathedral. There are as many stories as there are tripgoers. If you really want to know what a walking trip to British Columbia is like, come along with us next year! Check the following pages for our walking-trip plans for 1989.

by Maggie Spilner,
executive editor, *Walker's World*

Join the Prevention Walking Club! And walk your way to better health. For more information and a membership application, turn to page 116.

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SEE U.S. WALKERS MAKE HISTORY!

World-class racewalking will sizzle at *Prevention's* All-American Walkers Rally

AT 1:00 P.M., ON APRIL 1, 1989, the best women racewalkers in America will be burning up the cobblestone mall of downtown Tampa, Florida.

They'll be competing in the Reebok Women's Eschborn Cup Trials—a race for the five spaces on the United States National Women's Team. The team will race against the best in the world in Barcelona, Spain, this May, for the Eschborn Cup—trophy of the Racewalking Team World Championship. And if you join us at *Prevention's* All-American Walkers Rally in Tampa, you'll see all the action firsthand. (And enjoy all the other walking activities, expos, fun and food we have planned.)

You'll see Mary Ann Torrellas, Teresa Vaill, Debbie Lawrence and other top contenders compete. Torrellas currently holds the American record for the 10-kilometer walk with a time of 46 minutes, 17 seconds.

The Eschborn competition, a biannual event, has been white-knuckle intense for years. In 1983, the People's Republic of China won it, and again in 1985. But in 1987, in New York City's Central Park, the U.S.S.R. took the prize when, in a stunning postrace decision, two members of the Chinese team were disqualified for having both feet off the ground (otherwise known as running!).

The United States finished sixth out of the 23 countries that competed last year. But according to *Prevention* advisor Gary Westerfield, national women's coach, we've come a long way since then. "Finishing in the top three this year is a distinct possibility," he says.

To set an appreciative mood for the trials, Reebok will be sponsoring a racewalking clinic, led by former Olympic champ Henry Laskau, and a fun-walk you can use to hone your technique or just saunter.

So set your sights on the All-American Walkers Rally today. Join us in Tampa. We'll be walking into history! ■

SIGN UP TODAY FOR

PREVENTION'S ALL-AMERICAN WALKERS RALLY

Join the editors of Prevention *for a three-day walking extravaganza in Tampa, Florida, March 31–April 2*

RALLY SCHEDULE

FRIDAY EVENING, MARCH 31

- Self-Guided Walking Tours
- Walkers of the Year Banquet*

SATURDAY, APRIL 1

- Exotic A.M. Walk in "The Dark Continent" (Busch Gardens)—Moroccan Breakfast included
- Reebok Women's Eschborn Cup Trial Racewalk
- Noncompetitive Racewalk/Seminar
- Light n' Lively Sunset/Moon Walk
- All-Day Walking Expo and Seminars
- Self-Guided Walking Tours

SUNDAY, APRIL 2

- Fitness Walk for Every Level (breakfast included)
- Grand Finale Walking Festival (music, lunch, surprises)
- All-Day Walking Expo and Seminars
- Bus Shuttle Service (all three days)
- T-Shirts and Goody Bags
- Self-Guided Walking Tours

* (not included in registration fee)

REGISTRATION FORM

ALL-AMERICAN WALKERS RALLY
PREVENTION MAGAZINE

MARCH 31
APRIL 1
APRIL 2

REGISTRATION FEES $24 Entire rally; $18 *Prevention* subscribers registering before January 31, 1989; $16 Prevention Walking Club members. Please mail registration by January 31, 1989. Make check or money order payable to *Prevention* magazine and mail to: *Prevention* Magazine, All-American Walkers Rally, Emmaus, PA 18098. Questions? Call (215) 967-8921, 9 a.m. to 5 p.m. EST.

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In signing this release, I acknowledge that I understand the intent thereof, and hereby agree and will absolve and hold harmless: *Prevention* magazine, and any other parties connected with this event in any way, singly or collectively, from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the All-American Walkers Rally or any activities associated herewith. I also hereby consent to and permit emergency treatment in the event of injury or illness.

SIGNATURE ____________

DATE ____________

TAKE A WALKING VACATION WITH *PREVENTION*!

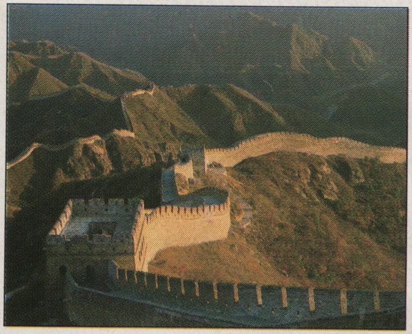
Choose from these great Walking Club getaways scheduled for the coming year

THE PREVENTION WALKING Club has lined up a whole new world of exciting walking excursions for 1989. As always, the trips are open to all *Prevention* subscribers, including PWC members and their guests, and all are accompanied by a representative from *Prevention*.

For the new year, we'll be joining forces with a unique adventure-travel management company called Expeditions to bring to you exciting and carefully planned walking vacations across the United States and beyond. We're building on the positive experiences we've had so far with great tour companies that know how to satisfy your need for adventure, comfort and safety all at the same time. Here are some highlights of the special trips slated for '89.

WALKING THE GREAT WALL

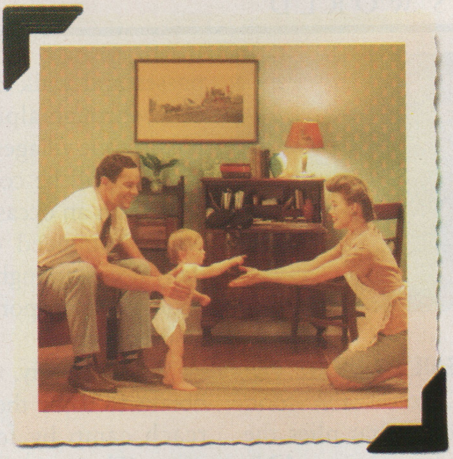
The Great Wall of China stretches 6,700 kilometers (about 4,150 miles) across five provinces and is the only manmade structure visible from space. *Prevention's* first excursion in the People's Republic will take you to the Great Wall's terraces and battlements. You'll also tour four of the most popular cities in China: Beijing, Shanghai, Xian and Guilan. You'll meet with senior Chinese officials of physical culture and recreation, dine in communal agriculture settlements, visit schools and tour small villages. All the while, you'll be escorted afoot by experienced Chinese guides and historians.



DALLAS AND JOHN HEATON / THE STOCK SHOP

Our trip will conclude in bustling Hong Kong, gateway to the Orient. A once-in-a-lifetime experience.

Dates: May 30–June 12 ▶

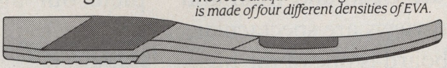


The last time someone took your walking as seriously as we do.

You were too young to remember the fuss your mom and dad made over your walking. But you're at a perfect age to appreciate what New Balance has done.

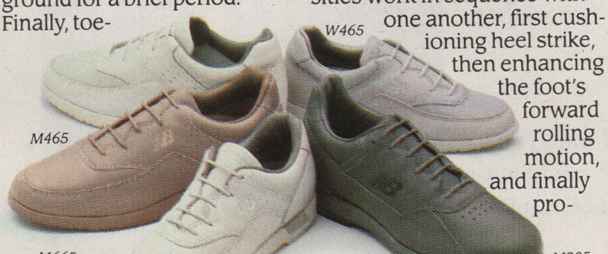
Consider the basics of walking. The point of impact is concentrated at your heel. Your foot then rolls forward slowly, remaining on the ground for a brief period. Finally, toe-off is full and complete.

Now consider how our walking shoes address these parameters.



The 905's unique "Walking Wave" midsole is made of four different densities of EVA.

Each shoe features our unique C-Cap® "Walking Wave" midsole made of multiple densities of EVA. The densities work in sequence with one another, first cushioning heel strike, then enhancing the foot's forward rolling motion, and finally promoting complete toe-off.



The shoes all have a built-in shank support that prevents arch strain and a carbon rubber heel pad for durability.

Finally, our walking shoes come in a range of widths—AA to EEEE.

Walking Shoe Width Sizing

Shoe	Sizes	AA	B	D	EE	EEEE
M905	7-15	•	•	•	•	•
M665	7-15		•	•	•	
W665	6-12	•	•	•		
M465	7-14		•	•	•	
W465	6-12	•	•	•		

That's how seriously we've taken your walking.

new balance®

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CAROLYN L. BATES / F-STOP PICTURES

STRIDE BY DAY, SAIL BY NIGHT

The Homer W. Dixon is a 77-foot, gaff-rigged schooner that plies the waters of Lake Champlain, a 125-mile-long beauty nestled between the Adirondack Mountains of New York and the Green Mountains of Vermont. You're invited to walk by day near this scenic lake and spend late afternoons sailing toward a new anchorage, where you'll spend the night shipboard in a cozy cabin. The lake waters are clean and fresh and the mountain views are spectacular.

Food on board is one of the highlights of the trip, with the cook up before sunrise to prepare home-baked biscuits and pies, hearty soups and full, family-style dinners.

Dates: June 25–30, September 17–22

TOUR DE MONT BLANC

Following an established trail, you'll trek through France, Italy and Switzerland, circling the Mont Blanc massif in the Alps.

On this trip for the adventurous and young at heart, you'll cross high passes and walk beneath huge glaciers, through alpine meadows and picturesque villages. Your accommodations will be comfortable campsites, with an occasional night in the wild. You need only carry your daily needs, though, as a support vehicle will transport luggage, equipment and food.

We start early, take long midday breaks to enjoy the countryside and reach camp by four in the afternoon. There you'll feast on three-course meals prepared by our guides, or drive into town to enjoy the local cuisine.

Dates: June 24–July 9

A SMORGASBORD OF TRIPS

Those excursions are just the tip of the iceberg. The following trips complete our agenda for the coming

SAM JONES / THE STOCK SHOP

year. Some are tried and true and others, new adventures.

Alaska: "The 'Misty Fiords' Fantasy"
Dates: July 7–15

British Columbia: "Vancouver and Victoria Ramble"
Dates: May 28–June 24

England: "The Cotswold Way"
Dates: July 9–15

New Brunswick: "Bay of Fundy"
Dates: August 20–25

New Hampshire: "White Mountain Adventure"
Dates: September 24–28

New Mexico: "Indian Pueblos and Pathways"
Dates: September 15–20

New Zealand: "Walkabout"
Dates: November 24–December 9

North Carolina: "Blue Ridge Mountains Rhododendron Extravaganza"
Dates: June 18–23

Oregon: "Seaside Excursion"
Dates: October 7–13

Vermont: "Fall Foliage Walk"
Dates: September 10–15, September 27–October 1

Vermont: "Wildflower Walk"
Dates: May 3–7

***For more information** on any of these walking trips and how you can get involved, write to Prevention Walking Club Trips, c/o Expeditions, 72 Park St., New Canaan, CT 06840 or call (800) 888-9400.*

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This shows a cramped leg muscle.
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Helps stop leg cramps before they start.™

SHE'S DOING A VICTORY DANCE

A boost of confidence was all Sandra Clarke needed to start her on the road to weight loss

VITAL STATISTICS

Weight Lost: 101 pounds
Other Health Benefits: averted heart trouble, gained confidence and self-esteem
Successful Strategies: 1,300-calorie-a-day diet, bicycling, sit-ups, jumping jacks, walking
Length of Time to Goal: one year

When Sandra Clarke's doctor warned her that her 251 pounds (on a 5'4" frame!) were a health hazard and might soon lead to a heart problem, the 25-year-old mother of three from Shearstown, Newfoundland, doubted she had the courage or willpower to do anything about it. But with encouragement from her doctor and her family, she found the confidence she needed to lose weight. Without spending a penny for fancy "diet" foods or spa programs, Sandra took off 101 pounds in one year, and another 13 pounds in the following months. Now, three years later, she's proud to report she's "holding" at 135 pounds—and living life like never before.

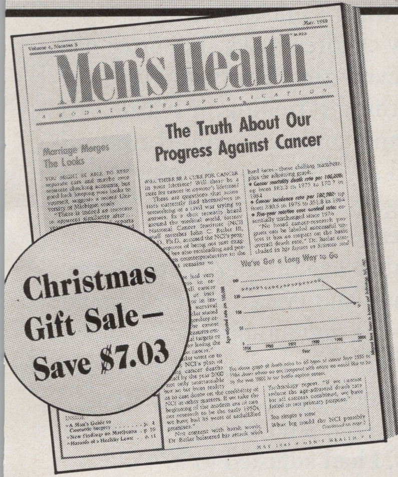
"WHEN I WAS FAT, I FELT like my life was worthless. Each morning, I would get out of bed and sit in a chair. And that's

***Left:* Sandra Clark, on a roll. *Inset:* Before her slim-down program got in gear.**

RAY FENNELLY

Give a man the gift of better health

and get a free gift for yourself!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- The healthy benefits of moderate exercise
- The latest health breakthroughs for men
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This Christmas, skip the neckties and give him a gift that really matters—give MEN'S HEALTH newsletter.

MEN'S HEALTH Gift Order

YES, please enter a one-year (12 issues) gift subscription to MEN'S HEALTH newsletter to the man listed below. Also send each of us a free copy of *250 Health Hints for the New Year.* Bill me after January 1, 1989, for only $16.97—a 29 percent savings off the regular price. A special holiday bargain!

Send gift to: **30065**

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☐ Enter or renew my own subscription at the rate of $2 a month, payable annually.

Clip and mail to:
MEN'S HEALTH newsletter
Emmaus, PA 18098

ZJ11674

where I would be all day, just knitting and doing little things.

I also ate lots and lots of junk food—anything put in front of me.

I did try dieting a few times. I would lose 20 or 30 pounds, then put it right back on. One reason my efforts failed: I never lost the weight because *I* wanted to. I lost it because I thought my husband was embarrassed by me.

Then a little over three years ago, I went to see my doctor. I'd been having stomach and chest pains, and felt sick all the time. He told me that I was putting myself at risk for a heart problem, but if I could lose 100 pounds, I'd be all right.

I didn't think I could do it at first. But my doctor spent an hour convincing me that I could. He said, 'If you want to do it, I know you can.'

So I made up my mind then and there that I was going to lose 100 pounds. That was October 15, 1985; I don't think I'll ever forget the date! I went right home and said to my husband and children, 'After today, you're going to see a new me. I'm going to look a lot different.'

The doctor sent me to see a registered dietitian. She put me on a 1,300-calorie-a-day diet, and weighed me once a month. I didn't have any money to spend on losing weight; I couldn't afford to buy diet foods or join an organized program. So I just cut out the junk foods and ate the same things I cooked for my family, but less.

ENCOURAGEMENT AND EXERCISE

Of course, all the encouragement I got helped a lot. The dietitian praised me and put stars on my chart when I stuck to my diet.

My children really supported me, too. Every time I was about to eat something fattening, my little girl Suzanne and my son Raymond would say, 'Mommy, I thought you were going to lose weight and look different.'

I also began exercising. Every morning and every evening I would do sit-ups and jumping jacks. When I first started, I would get so sore that I couldn't move. But every day it got easier. And after two or three weeks, I had adjusted to it.

In fact, once I had lost 50 pounds, it was easier to move around. So I bought an old bicycle and started riding it every day. I had to start slowly with that, too. But I managed to ride about an hour a day, and I still do.

By the end of a year, I had lost the 100 pounds I wanted to lose, plus one more pound for good luck. One hundred and one pounds in one year!

A NEW PERSON

Now I weigh 135 pounds and I feel great. In fact, I feel like a different person. My life has really turned around for the better, too. I'm divorced now and working as a caretaker for the elderly. And I've started walking home from work to help stay in shape. Since I work in a different house every day, sometimes the walk is just a mile, but other days, it can be as far as five or six miles.

When I was married, I used to go dancing with my husband, but I'd really just sit in a chair and watch all night, because I was too heavy and too embarrassed to dance. Now I love to dance and I go out with my friends almost every weekend.

Lots of nice things have happened since I lost the weight, too. Last year I went on a trip to see my relatives in Nova Scotia. I hadn't been there in 12 years.

When I got off the boat, my stepsister, Paulette, didn't recognize me at all. I went up to her and said, 'Paulette, aren't you going to say hello to me?' She said, 'Sandra, you look wonderful. But if you hadn't come up to me, I would have thought you missed the boat.'

FOOLING HER OWN MOTHER

I knew I had done well when my mother didn't even recognize me.

I had this idea that, after I'd lost the weight, I'd get dressed up for a special affair and really make a grand entrance. That day came. I put on a beautiful white dress, curled my hair, and put on makeup. Then I went to a lodge meeting with my sisters. We were standing together, talking, when my mother came up to us. I had been hiding my weight loss from her for months. So she said to my sisters, 'Where's Sandra? I thought she was coming up tonight.' I said, 'Mom, this is me.' And she almost fainted. My own mother didn't know me!

I tell you I'm never going to gain that weight back! Now that I've lost the weight, I can see that I ate because that's all there was in my life that made me happy. These days, I keep myself on the go, enjoy taking care of my children and love my work. If I had known then how I would feel now, I think I might have lost the weight sooner."

Edited by Alexis Lieberman

BODY MAKEOVERS presents the best weight-loss and shape-up success stories of *Prevention* readers. If you have a personal "makeover" experience you'd like to share with us (and you've maintained "the new you" for at least six months), send us a letter describing briefly how you did it. Enclose some before and after photos, your phone number and address. We'll publish the best ones in future issues. Send to Body Makeovers, *Prevention*, 33 E. Minor St., Emmaus, PA 18098.

PREVENTION CUISINE

A HEART-HEALTHY HOLIDAY FEAST

A SPECIAL GUEST-CHEF PROFILE

America's leading expert on entertaining creates a lavish—but low-fat—dinner for eight

Martha Stewart

HOLIDAYS PRESENT SOMEthing of a diet dilemma, and it goes beyond the personal challenge of passing up the butter cookies and eggnog. Tougher still, what does a health-conscious cook serve to holiday dinner guests? After all, you hate to throw good diet sense to the winter wind but, on the other hand, special occasions deserve special menus. Right?

Right! That's why we decided to challenge America's entertaining expert, Martha Stewart, to create a lavish but low-fat holiday feast—a four-course extravaganza that's easy on your heart and waistline. Martha Stewart wrote THE book on entertaining.

As best-selling author of *Entertaining* (Crown, 1982), *Weddings* (Crown, 1987) and more, she knows how to inspire others to dazzling culinary heights. As a successful caterer, Martha has the knack of throwing a great party.

And she took our challenge to heart—literally! Martha put her entertaining savvy and culinary know-how to task and came up with a taste-pleasing (and reduced-fat) holiday menu. Then our nutritionists went to work analyzing the meal and collaborating with Martha to

Champion spread: cider-glazed capon, wild-rice stuffing, carrot-parsnip puree.

PHOTOGRAPHY BY CHRIS BAKER

further sculpt the dinner to svelte proportions. The result: a smashing seasonal repast, supercharged with good nutrition and trimmed to just 17 percent of calories from fat! The moral: You don't have to give up good taste for good health.

Indeed, as Martha points out, preparing nutritious food isn't different from creating delicious food. For example:

THINK TASTE AND COLOR FOR GOOD NUTRITION

Use the freshest, choicest ingredients. Fresh foods, chosen at their peak, are packed with vitamins. They're also super flavorful and so maximize taste without the need for undesirable fat.

At her renovated nineteenth-century farmhouse in Connecticut, Martha practices what she preaches. She tends a large vegetable and herb garden. If you don't have quite-so-ready access to farm-fresh produce, seek your grocer's help in getting the best available. Create a demand for fresh herbs, says Martha. (And keep some growing on your windowsill.)

Look for vegetables with rich color. Deep-green watercress and ruby-red radicchio are good sources of vitamins A and C. As a bonus, they offer visual appeal.

Leave the peels on fruit whenever possible. This preserves precious vitamins, minerals and fiber while adding splashes of color to a dish.

Add colorful accents to white rice. Turn rice into a special and supernutritious stuffing by substituting one-half wild rice. Then add dried fruit for a bonus of fiber and iron.

CUT THE FAT, SAVE THE FLAVOR

Don't deny yourself. The blue cheese, hazelnuts and hazelnut oil in the salad may seem like rich additions, but their bold flavors go a long way.

A HEART-HEALTHY HOLIDAY MENU

Pear and Blue Cheese Salad With Hazelnut Vinaigrette

◆

Cranberry Sorbet

◆

Roast Capon With Apple-Cider Glaze
Wild-Rice Stuffing
Carrot and Parsnip Puree

◆

Autumn-Fruit Compote

The entire dinner (from salad to dessert) contains 865 calories, 16.3 g. fat (17% of calories), 14.8 g. dietary fiber, 58.8 g. protein, 157 mg. cholesterol, 319 mg. sodium. It's also a good source of vitamins A and C, niacin, riboflavin, calcium and iron. Happy holidays!

Sensational fat-free dessert: a compote of starfruit, citrus and other seasonal fruits.

Two tablespoons of chopped hazelnuts and a mere tablespoon of blue cheese perk up the salad immensely and add considerably less fat than the larger amounts generally used.

Improvise. Most vinaigrettes are composed largely of oil, which translates to *fat*. By using just a small amount of a strong-flavored oil like hazelnut, you can create a memorable dressing. To make up for lost volume, substitute defatted stock for a large portion of the oil. That way you cut fat and calories while ensuring that you have enough dressing to coat the greens.

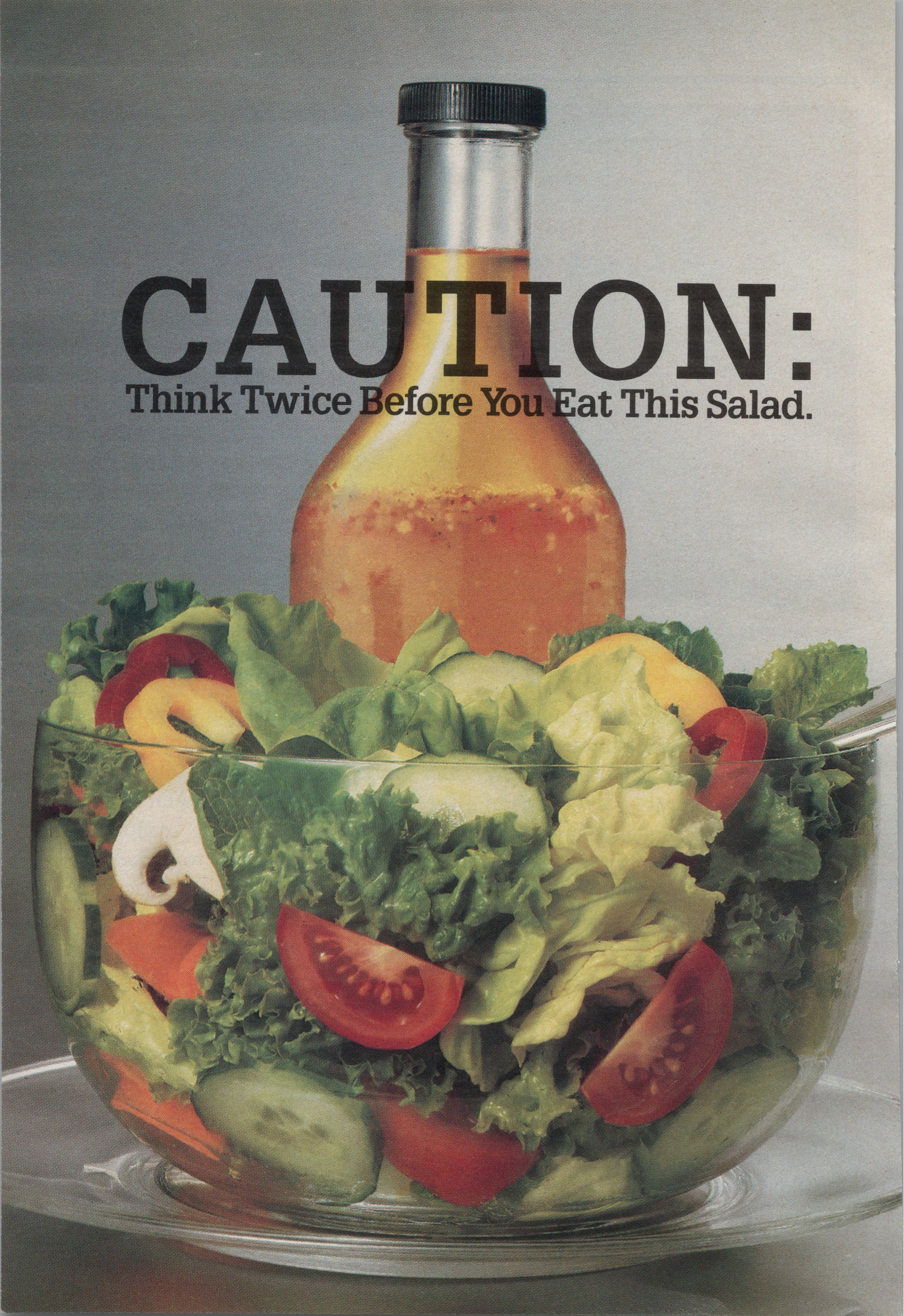
Cleanse your palate. After eating a strong-flavored food, such as blue cheese, refresh your taste buds with a sorbet. That way you'll appreciate the subtle tastes that low-salt, low-fat foods offer. Martha's no-fat cranberry sorbet shows off seasonal berries and is super easy to make.

Choose a low-fat bird. Capon is an excellent alternative to the popular-but-high-fat goose that graces many holiday tables. And it's an interesting alternative to the old-standby turkey that so many people rely on.

Raise it up. Make sure to roast your bird on a metal rack so fat can drain away. Better yet, try one of those new vertical chicken roasters that stand the poultry upright so no fat collects in the cavity.

CAUTION:

Think Twice Before You Eat This Salad.

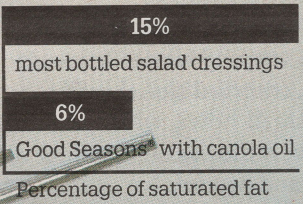


Because You Can't Control The Oil In Bottled Dressings.

The Surgeon General recently issued a major report on nutrition and health, which suggests ways Americans can lower their cholesterol level and risk of heart disease. It urges people to reduce their intake of total fat, especially saturated fat.

With bottled salad dressing, both the amount and type of oil is chosen by the manufacturer, not by you, so you might be getting more saturated fat than you realize.

With Good Seasons® Salad Dressing Mix, You Choose The Type And Amount Of Oil.



Unlike bottled dressings, you mix Good Seasons® dressing yourself. So you can choose an oil lower in saturated fat. Canola or safflower oil are good examples. You can even choose oils that may help lower cholesterol levels in the blood, like olive oil.

What's more, unlike bottled dressings, you can control the amount of oil you use. And better control of your total diet results in better control of your health.

Good Seasons®
SALAD DRESSING MIX
Italian

Good Seasons® Is As Delicious As It Is Healthy.

Good Seasons® dressing is so delicious, you won't be sacrificing taste.

In fact, Good Seasons® Italian dressing is preferred in taste tests versus the leading bottled brands. So put Good Seasons® to the test yourself. Dress your fresh, healthy salads with the best tasting, healthy dressing.

Because You Mix Good Seasons® Yourself, Your Health Is In Your Hands.

GENERAL FOODS USA

© 1988 General Foods Corporation

Don't stuff it. Resist the temptation to bake stuffing inside the bird, where it can absorb any fat that should drain off during cooking. Make the stuffing in a separate dish—and get that characteristic poultry flavor by cooking the rice in a full-bodied homemade chicken stock rather than water.

Hold the butter. For vegetable purees, resist the temptation to add butter for a creamy texture. Instead, Martha suggested a cooked and pureed pear for the same effect.

Get your just desserts. Serve a dessert that's satisfying but not overwhelming. Martha's autumn-fruit compote contains exotics, such as starfruit, papaya and mango, in addition to seasonal citrus fruits, which are high in vitamin C. Served warm the compote's a fitting—but not overly filling—end to a hearty meal.

FINISHING TOUCHES

Set the scene. Take the time to set a lovely table. Have fresh flowers in the center. Use cloth napkins.

Savor the moment. Eat slowly, relishing the taste and beauty of each dish. Linger over the meal and appreciate the warmth of good food and good friends.

PEAR AND BLUE CHEESE SALAD WITH HAZELNUT VINAIGRETTE

Per serving: 108 calories, 6.9 g. fat, 2.4 g. dietary fiber, 1.8 g. protein, 0.7 mg. cholesterol, 33 mg. sodium. Also a good source of vitamins A and C.

⅓ cup stock
2 tbsp. safflower oil
1 tbsp. hazelnut oil
1 tsp. minced shallots
• freshly ground pepper to taste
2 bunches watercress
3 heads Belgian endive, leaves separated and left whole
1 large head radicchio, leaves separated and quartered
3 ripe Comice or Packham pears
2 tbsp. chopped toasted hazelnuts
1 tbsp. crumbled blue cheese

1. In a small bowl, whisk together the stock, safflower oil, hazelnut oil, shallots and pepper.

2. Place the watercress, endive and radicchio in a large salad bowl. Core the pears, and thinly slice them into wedges. Add to bowl. Sprinkle with hazelnuts and blue cheese.

3. Pour the dressing over the salad. Toss gently. Serve immediately. Serves 8.

CRANBERRY SORBET

Per serving: 81 calories, 0.1 g. fat, 2.3 g. dietary fiber, 0.7 g. protein, no cholesterol, 31 mg. sodium. Also a good source of vitamin C.

⅓ cup maple syrup
⅔ cup cranberry juice
4 cups cranberries, pureed
2 tbsp. grated orange rind
1 egg white

BODY BUILDER

Kretschmer Wheat Germ. It can't promise you a whole new shape. But it can add real muscle to all your holiday baking!

Just mix in Kretschmer and you'll be adding natural vitamins, minerals and fiber—plus a delicious crunchy taste—to your batters and mixes.

That's because Kretschmer is the heart of the wheat—the storehouse of concentrated nutrition.

So add Honey Crunch Kretschmer and have a most shapely and healthy holiday season!

Kretschmer. It's the Heart of the Wheat.

Look for Kretschmer in the cereal section. © 1988 The Quaker Oats Co.

KRETSCHMER
Honey Crunch
Wheat germ
100% Natural
Very Low Sodium
KRETSCHMER
Wheat germ
100% Natural
Sodium Free
No Cholesterol

1. In a medium saucepan heat the maple syrup and cranberry juice. Stir in the cranberries and orange rind, blending well.

2. Transfer the mixture to a shallow metal tray, and place in the freezer until partially frozen. Spoon the mixture into the container of a blender or food processor. Process until smooth and fluffy. Transfer to a large bowl.

3. In a small bowl beat the egg white until peaks form. Fold into the cranberry mixture.

4. Cover the bowl, and place in the freezer. Remove from freezer 15 minutes prior to serving so sorbet can partially soften. Serves 8.

ROAST CAPON WITH APPLE-CIDER GLAZE

Per serving (without skin): 288 calories, 7 g. fat, 48.1 g. protein, 156 mg. cholesterol, 177 mg. sodium. Also a good source of vitamin B_6, *riboflavin, niacin, iron.*

- **1 8-pound capon (see note)**
- **2 tsp. vegetable oil**
- **2 tbsp. fresh rosemary leaves or 2 tsp. dried**
- **2 tbsp. fresh thyme leaves or 2 tsp. dried**
- **1 6-oz. can apple-cider or apple-juice concentrate, thawed**
- **sprigs of fresh rosemary and thyme (garnish)**

1. Rinse the capon inside and out with cold running water. Pat it dry with paper towels. Remove all visible fat from cavity and neck areas. Turn the capon breast-side up, and fold the wing tips underneath. Tie the drumsticks together with kitchen twine.

Brush the bird lightly with vegetable oil. Place it breast side up on a metal rack in a roasting pan (or use a vertical chicken holder, following instructions).

2. Roast the capon at 425° in the lower half of the oven for 15 minutes. Cover with a lid or foil, and roast for another 15 minutes.

3. Reduce the heat to 375°, and add the rosemary and thyme leaves to the pan to enhance the flavor of the meat as it cooks. Baste the capon with apple-cider concentrate. Cover and continue to roast, basting frequently, for 50 minutes, or until cooked through. To test, insert a fork into the thickest part of the thigh; the juices will run clear when the capon is fully cooked.

4. Remove capon from the oven, and allow it to rest for 10 minutes before carving. Transfer to a heated platter, and garnish with sprigs of rosemary and thyme. Serve without skin. Serves 8.

Note: Reserve giblets to make stock for Wild-Rice Stuffing. Combine them in a large saucepan with 1 qt. water, 2 sliced onions, 1 sliced carrot, 3 parsley sprigs and 1 bay leaf. Simmer, partially covered, over

Sponsor a Child for Only $12 a Month.

At last! Here is a $12 sponsorship program for Americans who are unable to send $16, $21, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $12 a month you will receive:

- a 3½″ x 5″ photograph of the child you are helping.
- two personal letters from your child each year.
- a complete Sponsorship Kit with your child's case history and a special report about the country where your child lives.
- quarterly issues of our newsletter "Sponsorship News."

All this for only $12 a month?

Yes—because Children International believes that many Americans would like to help a needy child. And so we searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

For example, unlike some of the other organizations, your child does not write each month, but two letters a year from your child keeps you in contact and, of course, you can write to the child just as often as you wish.

Also, to keep down administrative costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.

We do not feel that it is fair to the child for a sponsor to decide whether or not to help a child based on a child's photograph or the case history.

Every child who comes to Children International for help is equally needy!

And to minimize overseas costs, our field workers are citizens of the countries where they serve. Many volunteer their time, working directly with families, orphanages, and schools.

You can make a difference!

$12 a month may not seem like much help to many Americans, but to a poor family living on an income of $1.50 or $2.00 a day, your sponsorship can help make all the difference in the world.

Will you sponsor a child? Your $12 a month will help provide so much:

- emergency food, clothing and medical care.
- a chance to attend school.
- help for the child's family and community, with counseling on housing, agriculture, nutrition, and other vital areas to help them become self-sufficient.

A child needs your love!

Here is how you can sponsor a child for only $12 a month immediately:

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $12 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? We believe that our sponsorship program protects the dignity of the child and the family and at the same time provides Americans with a positive and beautiful way to help a needy youngster.

Little Marta lives in the Holy Land—and she is only one example of children from countries around the world who urgently need a sponsor.

K9GO

Sponsorship Application

☐ Yes. I wish to sponsor a child. Enclosed is my first payment of $12. Please assign me a ☐ Boy ☐ Girl

Country preference: ☐ India ☐ The Philippines ☐ Thailand ☐ Chile ☐ Honduras ☐ Dominican Republic ☐ Colombia ☐ Guatemala ☐ Holy Land Crippled Child

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

NAME ____________________

ADDRESS ____________________

CITY ____________________

STATE ____________ ZIP ____________

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of $________.

Please forward your tax-deductible check, made payable to:

Children International
Joseph Gripkey, President
2000 East Red Bridge Road • Box 419055
Kansas City, Missouri 64141

The world-wide sponsorship program of Holy Land Christian Mission, a non-profit agency serving children since 1936. Financial report readily available upon request.

very low heat for $3\frac{1}{2}$ to 4 hours. Strain, skim off any fat, and reserve $3\frac{1}{2}$ cups liquid for stuffing.

WILD-RICE STUFFING

Per serving: 230 calories, 1.6 g. fat, 2.3 g. dietary fiber, 5.9 g. protein, no cholesterol, 41 mg. sodium. Also a good source of vitamin A, thiamine, riboflavin, niacin, iron.

1 onion, diced (about 1 cup)
1 clove garlic, minced
1 tsp. olive oil
1 cup wild rice, rinsed
3½ cups boiling stock (see note with Roast Capon)
¼ tsp. ground mace
⅛ tsp. grated nutmeg
- **pinch hot red pepper**
- **freshly ground pepper to taste**

1 cup long-grain white rice
½ cup dried apricots, chopped
½ cup dried currants
½ cup minced parsley
½ teaspoon fresh thyme leaves

1. In a large ovenproof casserole dish sauté the onion and garlic in the oil over medium heat until golden, about 3 or 4 minutes. Add the wild rice, and stir to coat. Continue stirring for 3 or 4 minutes until rice is lightly toasted.

2. Add the stock, mace, nutmeg, red pepper and black pepper. Stir, cover, reduce heat, and allow rice to simmer for 20 minutes.

3. Stir in the white rice, apricots, currants, parsley and thyme. Cover and transfer to the oven. Bake at 350° for 10 minutes. Remove cover, and bake another 10 minutes or until all liquid has been absorbed. Serves 8.

CARROT AND PARSNIP PUREE

Per serving: 78 calories, 0.4 g. fat, 4.9 g. dietary fiber, 1.5 g. protein, no cholesterol, 35 mg. sodium. Also a good source of vitamins A and C.

2 pounds carrots
1 pound parsnips
1 ripe pear
- **freshly ground black pepper to taste**
- **sprigs of fresh chervil or parsley (garnish)**

1. Peel, trim and cut the carrots, parsnips and pear into 1-inch pieces. Cook each separately in a covered saucepan with about 1 inch of water until tender. Drain, reserving cooking liquid.

2. Transfer cooked carrots, parsnips and pear to a food processor. Puree until smooth, adding just enough of cooking liquid to facilitate blending. Season with black pepper.

3. Reheat gently before serving. Garnish with lots of fresh chervil or parsley sprigs. Serves 8.

AUTUMN-FRUIT COMPOTE

Per serving: 80 calories, 0.4 g. fat, 2.3 g. dietary fiber, 1 g. protein, no cholesterol, 3 mg. sodium. Also a good source of vitamins A and C, potassium.

- **2 large ruby (red) grapefruits, sectioned**
- **2 large seedless navel oranges, sectioned**
- **2 starfruit (carambolas), sliced crosswise**
- **1 papaya, sliced lengthwise into wedges**
- **1 mango, peeled and sliced into wedges**
- **8 small clusters of champagne grapes**
- **¼ cup lime juice**
- **2 tbsp. apple-juice concentrate**
- **• edible flowers (garnish)**

1. Arrange the fruit in a decorative pattern in a shallow heat-proof serving platter. Sprinkle with lime juice and apple-juice concentrate.

2. Bake at 350° for 15 to 20 minutes. Garnish with flowers, and serve warm. Serves 8.

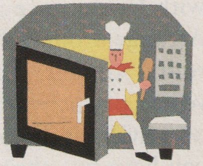
Note: To section grapefruits and oranges, use a sharp knife to slice the ends off the fruit. Stand the fruit on one end, and cut off the skin, removing also the white pith. Then slice on either side of the membrane to remove each section. Squeeze excess juice over the fruit.

Edited by Jean Rogers;
produced by Barbara Fritz

PREVENTION CUISINE offers today's healthiest recipes—low in cholesterol and sodium, and packed with fiber and good nutrition. Best of all, each contains less than 30 percent of calories from fat. Good news if you're concerned about heart disease, cancer or your weight! So eat up. Here's healthy fare that's simple to prepare and definitely worth savoring.

Healthy Microwaving

EMERGENCY ENTERTAINING



Healthy holiday hors d'oeuvres at a moment's notice

DROP-IN GUESTS ARE A FACT of the holiday season. And although you welcome the visitors, sometimes you despair of what snacks to offer them. The usual avalanche of chips, dips and cheeses can bury you under a layer of Yuletide fat that'll still be around next summer. So nip that bulge in the bud with deliciously healthy treats. If you keep a few nutritious staples in the pantry or freezer, you should be

RICHARD OSAKA

able to whip up festive fare in a flash.

Three-Carrot Treat Blend pureed carrots with nonfat yogurt for a colorful vitamin A–rich dip. To make, slice 3 medium carrots into coins. Distribute them evenly in a 2-quart microwave ring pan. Sprinkle with 2 tablespoons of water. Cover with vented plastic wrap, and microwave on HIGH (100 percent) for 3½ to 4 minutes, or until carrots are tender. Let stand for 3 minutes. Puree in a blender or food processor until smooth. Measure, then combine with twice as much nonfat yogurt or part-skim ricotta. Stir in a pinch of dried dill. Serve with raw or lightly steamed cauliflower and broccoli florets.

Festive Seafood Skewer shelled shrimp or small chunks of meaty fish (fresh tuna, salmon or swordfish) on wooden picks. Sprinkle with lemon juice and dried thyme. Arrange around the rim of a large, round dinner plate. Cover with vented plastic wrap, and microwave on HIGH until cooked through (if you have two shrimp on each of 15 picks, for instance, cooking time will be 3½ to 4 minutes). Let stand 3 minutes. Serve warm or at room temperature with lemon wedges.

Spuds With Spirit Here's a quick and lean alternative to greasy potato skins. Scrub 3 or 4 small potatoes (about 8 ounces total), then cut each in half. Prick the skins with a fork. Arrange in a ring pan. Microwave on HIGH for 3 to 4 minutes, or until tender. Let stand until cool enough to handle. Using a tiny melon scoop or spoon, hollow out each potato, leaving a sturdy shell. Puree low-fat cottage cheese or farmer cheese with snipped chives and black pepper. Spoon into the potato shells. Serve warm.

Turkey Meatballs Ground turkey is super-lean meat that you can keep on hand for low-fat hors d'oeuvres. Because ground meat doesn't keep more than a day or two in the refrigerator, freeze the turkey in half-pound packets (about ½ inch thick for easy defrosting). Place the packet in the microwave, and defrost on LOW (30 percent) for 1½ to 2 minutes. Unwrap and scrape off defrosted meat. Repeat for another 1½ to 3 minutes, until meat is just thawed. Use in your favorite meatball recipe. Or combine with 1 egg white, a splash of low-sodium soy sauce, minced garlic and a bit of dried sage. Form into little meatballs. Arrange around the rim of a large, round dinner plate. Cover with vented plastic wrap, then microwave on HIGH for 3 to 4 minutes, or until cooked through. Let stand for several minutes. Serve warm with low-fat yogurt for dipping.

by Judith Benn Hurley
with the Rodale Food Center

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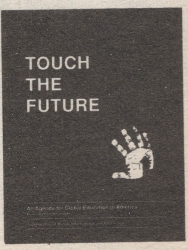

HEALING WITH FOOD: THE YEAR'S HOTTEST RESEARCH

Our annual review of the best new findings on diet and disease

A LOT OF IMPORTANT NUtritional news broke in 1988, news about how scientists are testing dietary factors against everything from cancer to the common cold. And *Prevention* covered much of it—digging deep, on the lookout for findings that could be brought from the laboratory to the dinner table. Here are highlights from the stories we think were among the most intriguing and promising of the year:

PECTIN MAY CLOBBER CHOLESTEROL

Research at the University of Florida in Gainesville suggests that grapefruit pectin—a type of soluble fiber found in the rind and fleshy parts of the fruit—may be a cholesterol fighter. In a study there, 27 participants took either placebos or capsules (equivalent to three tablespoons) of concentrated grapefruit pectin each day. After two months, cholesterol levels that started at about 275 milligrams per deciliter dropped an average of 7.6 percent in the group taking pectin. Total cholesterol in the placebo group stayed the same. For some people, the drop was more than 10 percent (*American Journal of Clinical Nutrition*).

C AGAINST THE COMMON COLD

The theory that daily doses of vitamin C can prevent colds hasn't been

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Backaches, headaches, arthritis, inflammation, bursitis and other aches and pains can be greatly reduced with heat treatment from this remarkable device. Simply place on the affected area and apply safe and effective infrared heat that penetrates skin to soothe and relax. UL listed. Adjustable heat setting. Complete with carrying case.

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It has proved to be a blessing for the elderly and sedentary. Just adjust the strap snugly under the painful knee. It helps guide the knee cap in the proper groove and spreads pressure uniformly . . . reducing inflammation and pain. Washable velour with Velcro closure. For size, measure below knee cap.

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A cure for the common cold? Here's the next best thing to it! VIRALIZER® Heated Nebulizer Sprayer with Vira-Spray® I & Vira-Spray® II offers relief from congestion, runny nose, sore throat and allergy symptoms.

With a shot of hot air to the nose, the **VIRALIZER®**, kills the cold virus and relieves runny nose, watery eyes and general miseries of cold sufferers. Used by many hospitals and physicians. Gentle enough for children.

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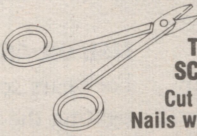
#7-7720 .... **$9.95**



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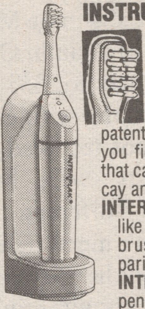

Developed by dentists and engineers, the **INTERPLAK** is an important new patented tool to help you fight dental plaque that can cause tooth decay and gum problems. **INTERPLAK** operates like an electric toothbrush, but the comparison stops there. **INTERPLAK'S** independently driven bristles move and rotate to get at the hard-to-reach places between teeth and at the gumline where ordinary brushing fails. **INTERPLAK** is easy to use. Cordless, it stores in a convenient recharger/holder. **INTERPLAK** can remove virtually all of the plaque, quickly and gently — even around braces. Helps keep your mouth clean and fresh and free from decay. A.D.A. Accepted. Complete kit includes charger and two brush heads.

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proved. But some preliminary research suggests that C may help ease the symptoms of colds already started. Researchers at the University of Wisconsin at Madison gave 2,000 mg. of vitamin C to eight students each day for 3½ weeks. Then the eight, along with eight controls who had not received the vitamin supplements, were housed with eight cold sufferers for a week. There wasn't much difference in the resulting sick list: Seven controls got colds, and six vitamin takers did. But there was a difference in symptoms. The vitamin C group had milder, shorter-duration colds than the control group. The study is now being duplicated to see if the results are valid.

ANTICLOTTING VITAMIN E

A study from Brown University adds to the evidence that vitamin E may help reduce the "stickiness" of blood platelets. Too much stickiness is bad because it leads to excessive clumping of platelets. This, in turn, leads to blood clots, which can precipitate a heart attack or stroke.

In the study, 10 healthy volunteers were given 400 to 1,200 international units of vitamin E per day (far above the Recommended Dietary Allowance of 12 to 15 I.U.). In six weeks, their blood platelets were less sticky. This is the same beneficial effect that aspirin has on platelets. More studies are needed to see if vitamin E would be safe and effective therapy for people at risk for heart attack or stroke. In the meantime, researchers are urging people—especially people with circulatory problems—not to take large doses of vitamin E without consulting a physician (*Agents and Actions*).

USING THE OAT FACTOR

Research demonstrating the cholesterol-lowering effects of oat bran has been piling up in recent years. And now scientists at the University of California, Irvine, have offered further confirmation of these findings with their own research. In their study, 19 healthy male and female students who ate two oat-bran muffins a day for four weeks lowered their total cholesterol more than 5 percent and their LDL cholesterol (the bad kind) 8.7 percent. Muffins made of wheat bran and mixed wheat-and-oat bran had no effect on a control group (*Western Journal of Medicine*).

FISH OIL AND CANCER

For years scientists have been investigating the impact that fish oil may have on cholesterol. And now, apparently, a whole new front in fish-oil research is opening up: cancer. Recently, for example, Rashida A. Karmali, Ph.D., of Rutgers University and Memorial Sloan–Kettering Cancer Center, reported that fish oil reduced the size, weight and number of breast tumors and decreased the growth of transplanted prostate tumors from mice. These findings, of course, may have no direct bearing on humans, but other researchers have had similar results with the omega-3 fatty acids found in fish oil. And more investigations into the fish/cancer link are sure to follow (*Preventive Medicine*).

Part of the intrigue in this line of research is a curious link between fish eating and the incidence of breast cancer in Greenland Eskimos. When women in these countries started to eat less fish, the incidence rose.

ENDURING WITH IRON

Iron deficiency may affect athletic performance even when it doesn't cause anemia, say researchers at Baystate Medical Center in Springfield, Massachusetts. In a recent study, they tested 14 high-school girls who were long-distance runners and had low iron levels but didn't have anemia. Half the girls took iron supplements for a month, the others were given a look-alike blank pill (placebo) and all were given treadmill endurance tests.

The iron group did significantly better on the tests than the control group did (*American Journal of Diseases of Children*).

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ZINC FOR AGING EYES

Macular degeneration is the breakdown of nerve cells in the back part of the eye, causing loss of vision. It happens most frequently in older people. But researchers at Louisiana State University Eye Center say it may be slowed by doses of zinc.

In their recent study, 151 older people with macular degeneration took an experimental dose of 100 to 200 mg. of zinc daily while others took a zincless look-alike pill. (The RDA is 15 mg.) After 18 to 24 months, those who took the zinc had significantly less vision loss due to macular degeneration than those who got the blank pill. The researchers say these preliminary findings still have to be confirmed by other studies and caution against taking such potentially toxic doses without medical supervision (*Archives of Ophthalmology*, February 1988).

VITAMIN C FOR FUTURE DADS

Researchers at the University of Texas Medical Branch in Galveston claim more than 10 years of success in using C to treat men whose sperm tends to clump together so much that fertilizing an egg becomes unlikely. In their latest three-week study, 30 men with this kind of infertility who took 1,000 mg. of vitamin C daily showed big improvements in measures of sperm health, including a decrease in sperm clumping and a 140 percent rise in total sperm count in the first week. Other men taking 200 mg. daily had less dramatic improvements in the first week but soon equaled the progress of the 1,000 mg. group. Men taking a placebo showed few changes (*Annals of New York Academy of Sciences*). Vitamin C deficiency may be the reason for up to 15 percent of male infertility.

NIACIN EASY

Doctors have been prescribing the B vitamin niacin for its cholesterol-lowering abilities. In a recent study from Harvard University Medical School, for example, 101 heart patients taking 1,000 mg. of niacin daily showed an average 18 percent drop in their cholesterol levels in less than a year. These same patients had a significant increase in their beneficial HDL cholesterol.

In another study of 8,341 men who had had heart attacks, there were 11 percent fewer deaths among the men who took niacin than among those who didn't (*Journal of the American College of Cardiology*).

While these results are impressive, doctors stress that niacin in doses far above the RDA of 20 mg. can cause dangerous side effects, and should not be taken without medical supervision.

by Steven Lally

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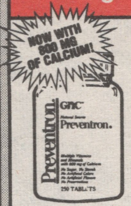

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Vitamin B-2	30 mg
Niacin	30 mg
Vitamin B-6	30 mg
Vitamin B-12	30 mcg
Folic Acid	400 mcg
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WHEN FOOD AND DRUGS DON'T MIX

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OIL AND WATER DON'T MIX. That you know. But do you know which prescription medications don't mix well with food? Over the years there have been occasional sightings (like UFOs) in the literature of food/drug interactions, but nobody seemed to pay much attention. A few drugs were known to be highly irritating to the stomach, so doctors generally prescribed these to be taken "at meals." Other than that, there wasn't a whole lot of talk about food doing much to or for drugs.

Things are slowly changing.

The growing study of pharmacokinetics (the real measure of what happens to drugs after they enter your body) has led to an appreciation that a lot of things have an influence on how a drug gets absorbed and used (or not used) by the body. Among those factors, food turned out to play a significant role for many medications. In some

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KAREN BARBOUR

cases, foods enhance a drug's absorption. But more often, some foods delay the entry of drugs into the bloodstream or prevent it entirely.

FOOD INTERFERENCE

For example, many antibiotics—such as ampicillin or penicillin (**Amcill, Omnipen, Pentids, Pfizerpen, Polycillin, Principen, Totacillin** and many other brand names)—are less effective if taken with food. Acidic drinks, such as wine, soda pop, coffee and fruit juice, may also be a problem.

The exact formulation of the drug can make a big difference, too. Erythromycin comes in various guises, including erythromycin stearate (**Bristamycin, E-Mycin, Ery-**

par, Erythrocin, Ethril, Pfizer E and **Wyamycin S**), erythromycin estolate (**Ilosone**), and erythromycin ethylsuccinate (**E.E.S., EryPed** and **Pediamycin**).

All these are broad-spectrum antibiotics often prescribed for a variety of infections, including those in the ear, throat, and urinary and reproductive tracts. Erythromycin stearate is less effective if taken with food.

But studies have shown that the other two forms are absorbed at least as well (if not better) with meals as on an empty stomach. Acidic beverages are also a problem with erythromycin, so don't wash your pills down with orange juice or cola.

Take your tetracycline (**Achromycin, Cyclopar, Sumycin, Terramycin, Tetrex** and others) with meals and as little as half of it may get to work. Make that a meal containing milk products—or take a calcium

DRUGS THAT WORK BETTER WITHOUT FOOD

acetaminophen (Anacin-3, Datril, Tylenol, Cosprin)
ampicillin (Amcill, Omnipen, Supen)
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aspirin, coated (A.S.A. Enseals, Easprin, Ecotrin)
bisacodyl (Dulcolax, Fleet)
calcium citrate (Citracal)
calcium phosphate (Posture)
cefaclor (Ceclor)
erythromycin stearate (E-Mycin, Ethril)
furosemide (Lasix)
isoniazid (Laniazid, P-I-N Forte)
levodopa (Dopar, Larodopa)
magnesium hydroxide (milk of magnesia)
mineral oil
nafcillin (Unipen)
oxacillin
penicillamine (Cuprimine, Depen)
penicillin G (Bicillin)
penicillin V (Nadopen-V)
penicillin VK (Beepen-VK, Pen-Vee-K)
procainamide
propantheline bromide (Norpanth)
rifampin (Rifadin)
tetracycline HCl (Cycline, NorTet, Robitet, Sumycin, Tetrex)
theophylline (Theo-24)
tolmetin (Tolectin)
trimethoprim-sulfamethoxazole (Bactrim, Septra)

NOTE: *Medicines such as the heart drugs procainamide and quinidine, aspirin and other arthritis remedies, iron supplements, the Parkinson's disease drug levodopa and others may need to be taken with meals to reduce irritation, even though food may limit absorption. A drug that causes irritation for one person may not cause problems for another. Any side effects should be discussed with your physician or pharmacist.*

supplement at the same time—and you can reduce that effectiveness to about 10 percent. You'd be paying a buck to get 10 cents' worth of help. Worse than that, 10 cents' worth is perhaps worse than no help at all, because it can mean the elimination of the weakling bacteria and the enhanced growth of the more resistant strains. You can wind up with an infection that's incredibly resistant to cure.

Laxatives containing bisacodyl (**Carter's Little Pills, Dulcolax, Fleet, Theralax**) shouldn't be taken with dairy products, either. They are designed to dissolve and go to work in the intestine. But when you wash them down with milk, they tend to dissolve in the stomach and cause irritation.

In general, calcium-carbonate supplements (**BioCal, Calcitrel, Cal-Sup, Caltrate 600, Os-Cal, Suplical, Tums** and others) should be taken with meals. (This is especially true for older people, who often have lower-than-normal levels of stomach acid—a condition that can drastically cut absorption of calcium carbonate.) But still you have to watch for specific foods that can interfere with absorption.

Fruits and vegetables that contain oxalates, such as spinach, rhubarb, beets, green beans, gooseberries and blackberries, should not be eaten within two hours of taking a cal-

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cium pill. That goes double for whole-wheat bread. Not only does it contain oxalates, but it is also rich in absorption-reducing phytic acid, as are other whole grains like oats, barley and rye. Black beans, almonds, limas, brown rice, soybeans and peanuts are also full of phytate. Imagine the woman who sits down to a healthy breakfast of oatmeal, shredded wheat or bran cereal and then pops down her calcium supplement. Less of her calcium is likely to make its way into her body and go to work.

People with underactive thyroid glands are often put on thyroid supplements, such as **Cytomel, Euthroid, Levothroid, Synthroid** and **Thyrolar.**

Certain foods, however, can interfere with the action of the thyroid gland and compromise an already sluggish system. Do not overdo on cabbage, kale, kohlrabi, cauliflower, rutabagas, turnips, brussels sprouts and soybean products like tofu.

People who have had blood clots (thrombophlebitis, pulmonary embolism, heart attack or stroke) are often prescribed an anticoagulant, such as **Coumadin** (warfarin). It works to thin the blood by blocking the action of vitamin K. If you eat large quantities of foods high in this nutrient, you could undo the benefits of your medicine and end up in the hospital with another clot. It's ironic that many of these foods are especially healthy and are often recommended for low-fat diets. Don't pig out on cauliflower, brussels sprouts, spinach, cabbage, broccoli, green beans, peas, leafy greens (turnip, mustard, collard), beef liver, soybean oil and green tea. But don't eliminate all these foods, either, because you need some vitamin K to prevent hemorrhaging. To be on the safe side, have periodic blood tests run to make sure your blood is clotting properly.

Gout can cause episodes of excruciating pain when uric-acid crystals build up in joints, especially in the big toe. Drugs that are commonly prescribed to control uric-acid levels include **Zyloprim** and **Lopurin** (allopurinol), **Benemid** (probenecid) and **ColBENEMID** (probenecid and colchicine). For these drugs to work most efficiently with the least risk of kidney stones, people taking them should avoid foods high in purines—anchovies, sweetbreads, brains, kidney, liver, gravies, scallops, herring, mackerel, sardines, spinach, broth (beef and chicken), lentils and other legumes.

RED ALERT

Certain drugs interact with particular foods in a much more alarming way. Isoniazid is the drug of choice for treating tuberculosis in older peo-

Continued on page 115

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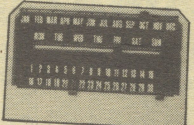

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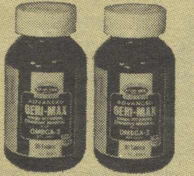

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Niacinamide	100 mg.	500
Folic Acid	0.4 mg	100
Pantothenic Acid	100 mg	1000
Choline Bitartrate	100 mg.	*

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250 tabs $4.95

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Vitamin B-2	50 mg.	2.941
Vitamin B-6	50 mg.	2.500
Vitamin B-12	50 mcg.	8.33
Niacinamide	50 mg.	250
Folic Acid	0.4 mg.	100
Pantothenic Acid	50 mg.	500
Choline (Bitartrate)	50 mg.	*

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Continued from page 110

ple. But besides working better on an empty stomach, isoniazid could provoke a disastrous reaction if you happened to take it with certain foods high in an amino acid called tyramine, especially the following: pickled herring, Stilton cheese, Camembert cheese, Cheddar cheese, Emmentaler cheese, brick cheese, Roquefort cheese, Gruyère cheese, salted dried fish (like salt herring), mozzarella cheese, meat extract (gravy base, Marmite, and others), Parmesan cheese, beef liver (stored), Romano cheese, Brie cheese, chicken liver (stored), provolone cheese, processed cheese, avocado, and Chianti and other red wines.

This list is arranged with the foods highest in tyramine at the beginning. If someone were to indulge or overindulge in one of these foods while taking isoniazid or the antidepressants **Marplan** (isocarboxazid), **Nardil** (phenelzine) or **Parnate** (tranylcypromine), the result could be a very dangerous reaction, pushing blood pressure through the ceiling.

Isoniazid has another little-known quirk. It would be wise to stay away from fish, especially tuna and skipjack, while on this medication. This interaction may not be as life threatening as if one were eating pickled herring, but a person going through the histamine response that would result could easily feel like he were dying!

PLAYING IT SAFE

We could go on and on, but by now you have begun to get the idea that food and drug interactions can be extremely important. The table on page 108 lists drugs known to be adversely affected by food. We'd like to tell you that this list is complete, but we know that it isn't. If your drug is not included, it may mean that food does not interfere with it. But more likely, it means there's not much research available.

For now, all we can do is suggest that you consult this list and also press your doctor and pharmacist to give you some definite information about the subject whenever they hand you a prescription or fill it. (If you are told the medicine must be taken on an empty stomach, generally you should swallow it at least an hour before meals or two hours after. Following it with a full glass of water is usually a good idea.) If these professionals can't supply you with the information, ask them to find out about any interactions of the drug with food by asking the drug company directly.

Perhaps if pharmaceutical manufacturers get enough inquiries from doctors and pharmacists on behalf of enough patients, they will gather the information we all need. ■

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DAVID FRAMPTON

YOUR HEALTH FORECAST FOR DECEMBER

Allergy Alert First, the good news: December is the only month when virtually no trees pollinate anywhere across the United States. Now, the bad news: If you are sensitive to mold, dust, smoke or strong scents, the holidays can be the absolute worst time of the year.

The mold problem centers around the Christmas tree. Evergreens are heavily covered with mold, says Timothy Sullivan, M.D., head of the allergy unit at the University of Texas Health Science Center in Dallas. And these molds release a lot of spores when the tree comes into a warm house. A prefab

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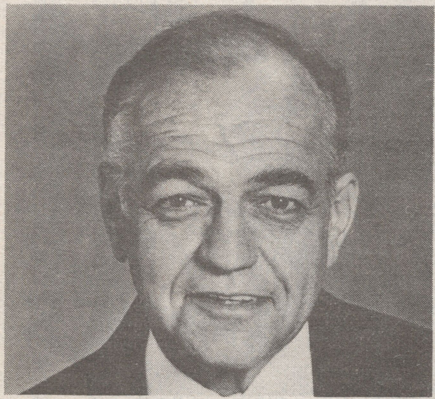

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Richard Dysart, star of "L.A. Law," urges others to benefit from available hearing help as he did.

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Christmas-tree-in-a-box will solve the mold problem. But, unfortunately, it carries another allergen: dust. Dust is a top contributor to what Dr. Sullivan calls "Christmas Decoration Syndrome." One reason is that artificial trees and tree ornaments are usually stored in the dustiest corner of the house. To cut the dust, wear a disposable particle-filter mask that fits firmly around your face when handling those boxes. Open the boxes outside, dust off the ornaments and hose down the tree, if possible. Then bring the dust-free decorations into the house.

Holiday scents—from wood-burning fireplaces, incense and bayberry candles to the perfume and cigarette smoke of houseguests and partygoers—are also major affronts to odor-sensitive asthmatics. Avoidance is, of course, your best protection. If you're attending a holiday party, pretreat with a puff from a beta agonist inhaler. This will help you survive the scent assault for a good two or three hours. If you wait until the attack starts before using an inhaler, you may control the symptoms but find that they return again that night—or even several nights in a row.

WARMING TRENDS

Snuggle Up Want to warm up a house without hiking the thermostat? Invite some friends in. Eating and drinking aside, the mere presence of others in a room is bound to boost the temp by a couple of degrees. In fact, says Peter J. Marchand, author of *Life in the Cold* (University Press of New England, 1987), this is why some small mammals that are solitary in summer become social animals in the winter months. Two or more beavers in a nest can keep their lodge well above freezing even though it's frigid outside. Huddling, like small animals do, is another body-heat preserver. By snuggling up against another, a small animal can reduce its exposed surface area by one-third and reduce its energy loss by about $16\frac{1}{2}$ watts. In human terms, huddling with a loved one may do the job of a woolen blanket. It's no wonder that the holiday season—with all its social gatherings and huggable good times—is called "the warmest time of the year."

Cold As Iron Women who are especially sensitive to cold may benefit from beefing up their iron intake. Due to menstrual blood loss, women are more susceptible to iron deficiencies than men. And according to a recent study, even a mild de-

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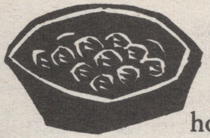
ficiency can make it difficult to maintain normal body temperature if you're out in the cold. In the study, conducted at the U.S. Department of Agriculture Human Nutrition Research Center in Grand Forks, North Dakota, six healthy women ate low-iron foods (5 milligrams a day) for 80 days to deliberately reduce their iron stores to below normal (but not anemic) levels. Then, for 100 days, they ate a diet with 16 mg. of iron per day. For the last 14 days they also took supplemental iron. After the low-iron and high-iron diets, cold tolerance was tested by having each woman sit in a cold room (64° F.) wearing only a two-piece bathing suit. Women who were mildly deficient in iron (after eating the low-iron diet) began to shiver after 84 minutes. But, following the high-iron diet, they were able to sit tight for 92 minutes.

With this in mind, your best body-warming foods (iron-rich) may include fish, poultry, lean red meat, beans, beets and green leafy vegetables. Also, by drinking orange juice (high in vitamin C) with your meals, you may be able to enhance iron absorption.

SMART SEASONAL EATS

The Slim Nut With decorative nutcrackers lining fireplace mantels, nuts have become popular pickin's at holiday snack time. In moderation, they provide meganutrition. In excess, however, most deliver megafat. There is one exception: chestnuts. With just 0.5 grams of fat (and 60 calories per ounce), they are by far the slimmest relatives of the nut family.



By comparison, walnuts deliver 20 grams of fat and 190 calories per ounce; almonds stand at 15 grams of fat and 170 calories.

Chestnuts actually resemble chick-peas in texture and taste somewhat like sweet potatoes. They're great in stuffings, tossed with brussels sprouts, or eaten alone as a snack.

But first, you've got to cook them. If you're feeling romantic, you can roast them "on an open fire." (Be sure to slit each shell to prevent bursting.) Or, for simplicity, microwave them according to these directions by Judith Benn Hurley, author of *Healthy Microwave Cooking* (Rodale Press, 1988): Combine 1/2 pound of slit chestnuts with 1/4 cup of water in a microwave-safe dish. Cover and microwave on full power for about 4 1/2 minutes, stirring or shaking midway through cooking. Let them cool for about 5 minutes before peeling.

by Mark Bricklin and Emrika Padus; researched by Sharon Ferguson and Cemela London

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ba•nana This tropical fruit—which is actually a large berry, according to *The Greengrocer* by Joe Carcione and Bob Lucas (Pyramid Books)—is an outstanding source of potassium (451 milligrams per average banana) and a good source of magnesium (33 mg.). It is also an easily digestible source of fiber. No wonder it has earned the nickname, "the Great Regulator" for its healing role in a variety of common health problems. For example: **1. Hypertension** While no one should swap their blood pressure medication for a bunch of bananas, physicians often prescribe bananas as part of a blood-pressure-lowering regimen. Why? Because the minerals in this fruit (potassium and magnesium) help lower blood pressure. Studies have shown, for example, that people with high levels of potassium in their diet have a low incidence of hypertension. This is true even when they don't watch their salt intake. (Bananas are naturally low in sodium . . . and no one we know likes to salt them.) **2. Diarrhea** Bananas have been used to fight certain types of diarrhea on two fronts: They restore lost potassium, and they add fiber to absorb water in the stool. **3. Constipation** Conversely, bananas can also ease constipation. Again, it's the fiber, which adds bulk and keeps things moving along.

bar•ley Long considered a healthful high-fiber grain, barley may have the same cholesterol-lowering potential as oats. According to researchers with the U.S. Department of Agriculture, two chemical compounds in barley lowered blood-cholesterol levels by 40 percent in chickens. USDA tests in other animals have had similar results. Further studies in humans are needed to determine the true value of these findings, but these results are promising.

baths Whether you've got an indoor spa or the old claw-foot variety, relief from many different problems may be as close as your bathroom faucet. Of course, you've got to know which way to turn. . . .

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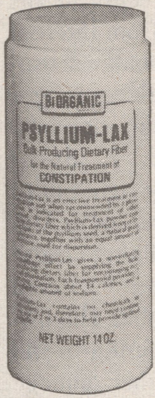
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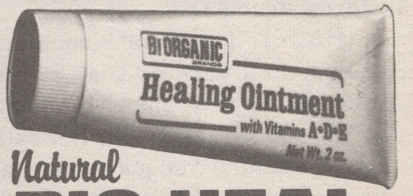
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acronym for *R*est, *I*ce, *C*ompression and *E*levation—has become the creed of most athletes and trainers when dealing with "overuse" injuries. An icy soak will check the swelling, and virtually eliminate the black-and-blue effect from internal bleeding. A 20-minute soak will usually do the trick. Soaking longer risks damage to the skin, especially if the water is iced. **2. Burns** Touched a red-hot plate right out of the oven? Walked barefoot across sunbaked macadam? Plunge those burning fingers and toes into cold water as quickly as possible. This dissipates any heat remaining in the burn and prevents further damage to the body tissues—not to mention providing instant pain relief! Just don't use ice cubes, since they can damage injured skin.

(Hot) 1. Insomnia sometimes eases with a presleep soak in hot water. Relax for 15 minutes in bathwater around 100° F. The hot bath acts as a natural tranquilizer, a great muscle relaxer and—according to a study from Loughborough University, in England—an easy cure for some insomniacs. Warm baths that raised body temperature by about 1° caused an increase in the deeper stages of sleep. The effects are more than psychological: The Loughborough group attributes this phenomenon to a chemical reaction within the brain. A warning from Richard S. Gubner, M.D., medical director of Safety Harbor Spa in Safety Harbor, Florida: DO NOT take a hot bath or shower right after a strenuous workout—cool down first. If you are taking vasodilator drugs for high blood pressure, ask your doctor if hot baths are safe for you. In either case, an infrequent reaction is fainting or heart problems ranging from chest pains to a fatal heart attack. But for most people, hot baths are quite safe. **2. Sinus headaches or stuffy nose** Relieve head congestion with a hot footbath! According to otolaryngologist Lloyd Rosenvold, M.D., part of that stuffy feeling is caused by sluggish circulation in the inflamed mucous membranes. The hot footbath causes blood vessels in the feet to open wider than usual. Blood rushes to fill the enlarging arteries, and is drawn away from other parts of the body, unblocking the "nasal traffic jam." **3. Migraine relief** A hot footbath can help relieve vascular headaches, too. Again, the hot footbath draws blood to the feet, thus easing pressure in the vessels of the scalp.

(Hot-and-cold contrast) 1. Reenergize yourself with a hot bath followed by a cool shower. The contrast stimulates circulation, according to A. Richard Hansen, M.D., medical director of Poland Spring Health Institute. You get the same effect from a Scandinavian sauna—a

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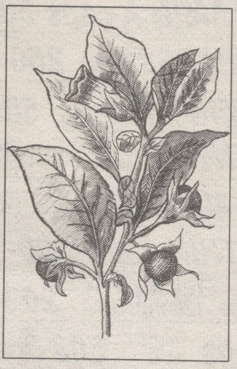
steam bath, then a jump into the snow—but our version can be used anywhere. This technique is not recommended for the weak of heart. Anyone with heart trouble, high blood pressure, diabetes or hardening of the arteries shouldn't try it without first consulting their doctor. And it's important to ease into the spray slowly. **2. Migraine relief** Here's another technique that's said to curb a migraine attack: First take a hot bath or shower followed by a cool one. That, on the advice of Augustus S. Rose, M.D., from the Veterans Administration Wadsworth Medical Center, in Los Angeles. The speculation is that the migraine is interrupted by the temperature contrast, which shrinks swollen blood vessels in the head. Dr. Rose has had success with this technique for 20 years. The precautions mentioned above apply here, too.

bel·la·don·na, which means beautiful lady, belies its name. More appropriately known as Deadly Nightshade, this poisonous plant should never be eaten or used for any sort of home remedy. It's not native to North America, but it can be grown here. Pharmaceutical companies have used an extract of belladonna called *scopolamine* as the active ingredient in over-the-counter sleep aids, but even this has been called into question.

The FDA review panel on drugs has determined that scopolamine is neither completely safe nor effective for nonprescription use. Most manufacturers have removed it voluntarily from all of their products. The FDA has approved derivatives of belladonna for use in prescriptions. Scopolamine and another derivative, *atropine*, are used in medicines for lower-digestive-system problems: ulcers, irritable-bowel syndrome, menstrual cramps, spastic colon, and stomach and bladder cramps.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Drugs made from these derivatives are also used in surgery, both as relaxants before an operation ("twilight sleep" for pregnant women) and as regulators of heartbeat during it.

Scopolamine is used to fight nausea and motion sickness. And in case you're too woozy to swallow a pill, scopolamine also comes in a small patch that you stick on your neck. The drug actually penetrates the skin to get into your bloodstream.

by Steven Lally; researched by Cemela London and Maureen Sangiorgio

HEALING FOR PETS

Continued from page 69

pet leaves plenty of room for hope. Many cancers can be cured. "And almost always, something can be done to improve the quality of life or to allow the animal to live longer," says Tufts veterinary surgeon John Berg, D.V.M.

Cancer treatment in pets is virtually the same as for humans. Many skin and internal tumors can be removed surgically. Radiation therapy is an option. So is chemotherapy: Lymphomas, cancers of the lymph tissue, which are a very common form of cancer in animals, are often treated with chemotherapy.

One new notable advance in cancer treatment has been against osteosarcoma—a bone tumor that affects about 10,000 dogs a year. Amputation is often performed to eliminate the pain.

But now there's an alternative to amputation. For animals that aren't good candidates for amputation—they're too heavy, for example—veterinarians have developed a limb-sparing bone-graft technique. The segment of bone that contains the tumor is removed and replaced with healthy bone from a naturally deceased dog. The graft is held in place by a stainless-steel plate. The operation eliminates the pain from the tumor and saves the leg.

Dr. Berg is involved in a joint re-

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search project between Tufts and Massachusetts General Hospital to study the bone tumor's responsiveness to chemotherapy. "We see so many dogs with bone tumors, so many more than in people, that we can learn about the tumor more quickly and easily in dogs," he says.

Despite progress in treatments, however, there's still a big emphasis on prevention. Veterinarians say be alert for the cancer warning signs: abnormal swellings, persistent sores, sudden weight loss, loss of appetite, bleeding or discharge, difficulty eating or swallowing, loss of stamina, lameness, difficulty breathing, difficulty urinating or defecating.

A preventive tip: If you spay a female dog before her first heat, you'll dramatically reduce her chances of developing breast cancer; but if you wait until she's over 2½, she'll run the same risk as an intact dog. Similarly, castration of young males, of course, eliminates their risk of testicular cancer.

HELP FOR BAD HIPS

Mrs. Charlotte Rickert fell in love with Brandy the moment she saw the eight-month-old golden retriever pup. She bought the dog on the spot. But within the week, Mrs. Rickert knew something was wrong. "Brandy had this way of swaying her hips when she walked," she says.

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PV

A veterinarian diagnosed hip dysplasia—a bad fit between the ball-shaped head of the leg bone (the femoral head) and the cup-shaped hip socket. This misalignment was wearing the ball and socket ragged, causing inflammation—in a word, arthritis.

Brandy was eventually brought to the Tufts New England Veterinary Medical Center, where she underwent a total hip replacement, much like the ones performed in human beings. The operation left her mobile and virtually pain-free.

Like Brandy, most large dogs have some degree of hip dysplasia and develop arthritis as a result. But they won't necessarily require surgery. Veterinarians will first try a weight-reduction diet to relieve joint pressure, and painkilling or anti-inflammatory drugs, including small, short-term doses of aspirin. For Brandy, painkillers weren't enough. For dogs in a similar predicament, there are several surgical options, including hip replacement:

Femoral head and neck ostectomy The least expensive option, this involves removing the top of the leg bone. It alleviates pain, although the dog won't have completely normal hip function because the hip is supported only by muscle. Dogs weighing less than 50 pounds do well with this procedure; larger dogs do better with hip replacement. Cost: $300 to $500 per hip. Recovery time: two to four weeks.

Triple pelvic osteotomy This is the newest technique in the veterinary surgeons' repertoire for treating hip dysplasia. It's only for dogs about a year old or younger in which dysplasia is detected before the bones are worn. It involves cutting the hip in three places, then reassembling it with angled stainless-steel plates so that the socket fits snugly over the ball. The operation is expensive—$900 to $1,000 a side—and both hips must be done within a few weeks of each other. The advantage: It prevents degeneration of the hip and arthritis so a total hip replacement will never be required. There is a risk, however, of the plates eventually loosening. Recovery time: 12 weeks.

Total hip replacement As in humans, a plastic cup is placed in the hip, and a stainless-steel ball is attached to the top of the leg bone. The operation costs about $1,500 per hip, but 80 percent of dogs need it only on one side. "After the operation these dogs do very, very well. Their range of motion is almost normal, there's no more pain," says veterinary surgeon Randy J. Boudrieau, D.V.M. However, there is a 2 to 3 percent risk of infection, which could require that the artificial hip be removed and a femoral ostectomy done instead. There's also a possibility of dislocation or loosening of the artificial hip. Recovery time: eight weeks.

If you're a dog owner, the experts at Tufts offer these hip tips:

■ Watch your dog for symptoms of hip dysplasia and arthritis: an unusual gait, exercise intolerance, lameness, bunny-hopping up stairs, obvious pain and difficulty rising. If you detect any of these, have your dog x-rayed immediately.

■ If you're buying a new dog, first have it evaluated for hip dysplasia and general health. You may have to consult a specialist. If possible, find out if the dog's parents have hip dysplasia; ask the breeder for their Orthopedic Federation of America certification numbers.

■ If you own a young dog with dysplasia, have it evaluated so you can make a decision about a triple pelvic osteotomy.

Edited by Cathy Perlmutter

OUR SOURCES: From Tufts University School of Veterinary Medicine: ***John Berg, D.V.M.,*** *assistant professor of surgery;* ***Randy J. Boudrieau, D.V.M.,*** *assistant professor of surgery;* ***Susan Cotter, D.V.M.,*** *associate professor of medicine;* ***Franklin M. Loew, D.V.M., Ph.D.,*** *Dean;* ***Amy Marder, V.M.D.,*** *clinical assistant professor of medicine;* ***Michael Pavletic, D.V.M.,*** *associate professor of surgery;* ***Mark Pokras, D.V.M.,*** *assistant professor of wildlife medicine;* ***James Ross, D.V.M., Ph.D.,*** *professor and chairman of the department of medicine;* ***Linda Ross, D.V.M.,*** *assistant professor of medicine.*

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American Heart Association

MAILBAG

Continued from page 26

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Dawn Mulkern
Bayonne, N.J.

NO BEATING HIM

To say I am a confirmed walker would be an understatement. From July 1987 to July 1988, I logged 1,684 miles in weather from 5° below zero to 102°. Whatever Mother Nature offers is good walking weather. Not only have I qualified for the Presidential Sports Award in Fitness Walking, it appears I have met the requirements for your Achiever and Strider patches, too. My main goal is the 5,000-Mile Award, which is an honor well worth walking for.

Tom Kemmerer
Kettering, Ohio

Editor: And we're looking forward to awarding you that honor.

WALKING, NOT DRUGS

My son, who is in his 30's, was overweight. But he took his doctor's advice and started walking briskly every day. The last time he was home, my husband and I thought it was our younger (and thinner) son getting out of the car. Thank goodness his doctor recommended walking—not drugs!

Louise Kotras Kinsel
Aberdeen, Md.

DOING SOMETHING RIGHT

When I was 65, I walked every day. Now, I'm 75 and still walking every day! Sixteen months ago I had open-heart surgery. Because of many years of walking, my surgery went well. My doctor tells me I have 20 more years of walking ahead of me. I guess I'm doing something right.

Elizabeth McJunkin
Toronto, Kansas

WALKING FOR TWO

Being pregnant hasn't always been easy, but since I've started a daily walking program, I've found it enjoyable. It's amazing what just two or three miles a day can do for your spirits—and your body!

Karren H. Clonts
Cupertino, Calif.

MAILBAG is a readers' health-information exchange. If you'd like to share a personal experience related to healing, regeneration or walking, write to Mailbag, c/o *Prevention*, 33 E. Minor St., Emmaus, PA 18098. If we publish your letter, we will send you five volumes of *The Prevention Total Health System*. Note: Letters should not be construed as scientific information or used in lieu of professional medical advice.

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Continued from page 64

Electricity Zaps Hemorrhoids Painlessly

An electrical probe that zaps hemorrhoids with low-power current has been found to be more effective than surgery—and it can be done in a doctor's office. "There is no pain, little or no discomfort, no surgery, and it's less costly," says Daniel Norman, M.D., clinical assistant professor of medicine at the University of Nevada, Reno. In a study of 42 patients treated this way, all were symptom-free in an average of two to three visits, and all remained symptom-free during a 30-month follow-up. There were no complications.

Crash Course For Flying Phobia

Actually taking a flight is the best way to cure fear of flying, according to new research. In a study at the University of Nottingham, 38 out of 41 people with flying phobia agreed to try a real flight after an educational session and a dry-run visit to an airport.

Supported with advice throughout the flight, the participants showed marked decreases in their anxiety levels. In fact, 23 of the 38 took flights on their own during the three years following the study.

The expense of a flight is "a small price to pay for relief from a problem that may cause such inconvenience," says a letter in the *British Medical Journal* (June 25, 1988).

LINDA BLECK

Nicotine Gum For Tourette's Syndrome

Nicotine chewing gum helped calm two boys suffering from Tourette's syndrome, report pediatric neurologists at the University of Cincinnati College of Medicine. Standard treatment with the tranquilizer haloperidol had not been effective. But when nicotine gum was added to the treatment, the boys were able to sit still and study. The tics, scratching, verbal outbursts and other involuntary behaviors caused by

Tourette's were quieted. Nicotine is known to potentiate the effects of drugs like haloperidol in animals. Adding nicotine gum may improve treatment of other disorders that respond to these drugs, such as schizophrenia and Huntington's disease, the doctors say (*Lancet*, March 12, 1988).

New Antibiotic Clears UTI

Aztreonam, a new antibiotic, shows great promise for handling urinary-tract infections (UTIs), according to James A. Roberts, M.D., of Tulane University School of Medicine. UTIs account for 40 percent of all infections caught during a hospital stay. Most of them are the result of catheter use. UTIs caught in hospitals are often resistant to a wide range of antibiotics, and some drugs used to treat them can have serious side effects. Aztreonam not only avoids those side effects, it can be taken by people who are allergic to penicillin or cephalosporins (*Urology*, June 1988).

Sweet Cure for Fish Poisoning

Doctors in the Marshall Islands have discovered that injections of mannitol, a simple sugar widely used as a diuretic, dramatically reverse the effects of ciguatera fish poisoning. The poisoning, caused by eating contaminated fish, can be deadly. The doctors stumbled onto the cure when they gave mannitol to two patients who were comatose (as a result of fluid buildup in their brain) after eating toxic fish. Both came out of their comas within 10 minutes. Since then, the doctors have successfully treated 24 more people.

The ciguatera toxin concentrates in the flesh of large fish, such as red snapper, grouper, sea bass and barracuda. The ailment is rare in the United States, but is fairly common in the Caribbean and South Pacific. ■

New Route for B_{12}

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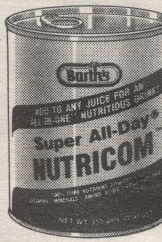

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Calcium Pantothenate	75 mg.	750%
Biotin	75 mcg.	100%
Folic Acid	400 mcg.	100%
Choline Bitartrate	75 mg.	*
Inositol	75 mg.	*
Betaine Hydrochloride	25 mg.	*
Glutamic Acid	25 mg.	*
Iodine (from Kelp)	0.15 mg.	100%

And the following nutritional trace elements: Rutin, Citrus Bioflavonoids Complex, Hesperidin Complex, Betaine HCl, Calcium (Amino Chelate), Iron (Amino Chelate), Magnesium (Amino Chelate), Manganese (Amino Chelate), Zinc (Amino Chelate), Selenium (Amino Chelate), Potassium (Proteinate).

*Need in human nutrition not established.

In a natural base containing alfalfa, watercress, parsley, lecithin, L-Cysteine and rice polishings. No sugar added.

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USE HANDY ORDER FORM ON PAGE 142.

Barth's
OF LONG ISLAND
DEPT. M8L1 WESTBURY, N.Y. 11590

Barth's

... FIRST with THE IMPORTANT NEW IDEAS
in NUTRITION for over 38 years

Revital-A Cream

Highest potency Vitamin A cream plus Collagen, Elastin and Squalane for younger more vibrant-looking skin!
#2-2655
4 oz. Jar ..... ~~$18.95~~ $5.47

Carnitine Plus

100 mg. L-Carnitine, 300 mg. Lecithin.
#1141-1
50 Tabs .... ~~$8.25~~ $4.12

Linseed & Cod Liver Oil

Two nutrient-rich, skin-protecting oils!
#1197-1
100 Softgels .. ~~$6.50~~ $2.93

NEW Fibersil Powder

Fast-acting gentle natural laxative. Helps combat cholesterol. Fruit-juice sweetened.
#1033-1
12 oz. Powder . ~~$9.95~~ $7.46

Evening Primrose Oil

500 mg. Softgels. 100% Efamol EPO from England
#1552-1
50 Softgels ... ~~$9.95~~ $6.95

L-Carnitine 250 mg.

Chewable Tablets
Quick Fuel For Muscle Energy!
#1696-1
30 Tablets .... ~~$11.50~~ $5.18

Alfa-Con 500 mg.

Only Barth's has it! From alfalfa seeds only.
#1612-3
500 Tabs ..... ~~$10.50~~ $5.25

Trypto-Best Tabs

L-Tryptophane plus Niacin, B-6 & Nucleic Acid—nutritional aids to safe, calming, restful sleep.
#1986-1
50 Tabs ...... ~~$9.50~~ $4.75
2x50 .... ~~$19.00~~ $9.50

Night Cellular Activator

Swiss-inspired formula renews aging skin while you sleep! Hyaluronic acid (natural moisture retainer) helps reactivate your skin's ability to renew itself, resist age lines and wrinkles.
#2-4808
1 oz. Drop'r Btl. ~~$7.50~~ $3.38
2 for ~~$15.00~~ $6.75

Lecithin 1200 mg.

#1708-2
250 Softgels .. ~~$9.95~~ $3.75

Selenium E & C

Nat. E 400 I.U., C 500 mg., Selenium 50 mcg.
#1799-1
50 Softgels .... ~~$9.95~~ $4.97

Quinivite E

Quinine sulfate & 400 I.U. Vit. E helps relieve leg cramps.
#1209-1
60 Softgels ... ~~$11.50~~ $5.18

Niacin 100 mg.

#1294-1
300 Tabs ...... ~~$3.95~~ $1.78

Garlic 1500 mg.

#1980-1
100 Softgels ... ~~$4.50~~ $2.03
#1980-3
500 Softgels . ~~$16.95~~ $7.63

MaxEPA™

1000 mg. Softgels
#1785-1
50 Caps ...... ~~$9.40~~ $3.99
2x50 .... ~~$18.80~~ $7.98

Garlicin Softgels

Lab tested and proven antibacterial and antifungal effectiveness in an enteric-coated, odor-controlled garlic formula.
#1048-1
90 Softgels ... ~~$9.95~~ $4.97
2x90 .... ~~$19.90~~ $9.94

Swiss Elastin Skin Cream

SAVE 75% LIMIT 2
#2-7696
2 oz. jar. ea. ... ~~$8.95~~ $2.24

The President's Lunch Bar

The President's favorite health & energy snack! 100% natural foods & fiber, no preservatives. Great gift idea.
#2-3652
24 Bars ..... ~~$26.95~~ $20.21

Maxi-Fiber 2.5 gm.

High-potency tasty chewable wafer helps you get the precious fiber you need!
#1045-1
42 Wafers ..... ~~$6.95~~ $3.48

Action B-50

50 mg. each of 8 B-Vitamins plus 100 mcg. of B-12 to help you cope with stress.
#1660-3
250 Softgels .. ~~$20.75~~ $9.34

Acidophilus with Pectin Captabs

#1273-1
100 Captabs ... ~~$3.50~~ $1.58
#1273-3
250 Captabs ... ~~$7.80~~ $3.51

HI-C Plex 500

500 mg. Vit. C & Bioflavonoids
#1906-3
250 Tabs ..... ~~$14.50~~ $6.53

100% Natural Instant Chicken Soup

No cholesterol! About 25 calories per serving. No salt added.
#2-5081
12 oz. Jar .... ~~$6.50~~ $4.88
(36 Servings)

Hair Blocker

Get rid of unwanted hair safely, naturally.
#2-7575
3 oz. roll-on ... ~~$6.95~~ $3.47
2x3 oz. .... ~~$13.90~~ $6.94

Pain Blocker Roll-On

No mess, no fuss ... rolls away aches & pains naturally ... with Tea Tree Oil, Jojoba and Aloe Vera.
#2-0105
2.5 oz. Roll-On ~~$7.95~~ $4.97

Camaloe Skin Cream

Unique blend of natural skin protectors & healers: Chamomile, Aloe Vera & Tea Tree Oil.
#2-0100
2 oz. Jar ...... ~~$8.75~~ $5.68

Calcium Complex Tabs

1000 mg. Calcium plus balanced A, C, D. Iron and Magnesium per 3 tabs.
#1122-5
500 Tabs ..... ~~$13.60~~ $6.12

Zinc Plus C Lozenges

Delicious way to fight common cold symptoms and sore throat, too!
#1679-1
100 .... ~~$5.65~~ $2.58

C-1000

100 mg. C plus Rose Hips.
#1035-1
100 Tabs ..... ~~$7.50~~ $3.75

Beta Carotene

25,000 I.U. Softgels. Vitamin A Immune System protector activity.
#1777-1
100 Softgels .. ~~$4.50~~ $2.03

Lactigest

Curb the bloating, gas and diarrhea caused by milk intolerance.
#1395-1
50 Softgels .... ~~$9.95~~ $7.46

Pumpkin Seed Oil

1200 mg.
Rich source of Vit. E, K, and essential fatty acids.
#1748-1
100 Softgels ... ~~$9.50~~ $4.75

Uriplex Softgels

Nutritional aid for men & women. Contains cranberry juice concentrate. Vit. E., Selenium, Zinc, more.
#1163-1
60 Caps .... ~~$7.60~~ $3.38
2x60 .... ~~$15.00~~ $6.75

Bronco Plex

Natural aid helps calm hacking coughs, loosens phlegm. Quick relief for nasal congestion.
#1688-1
100 Tablets .... ~~$8.50~~ $4.25

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Advertisement

Health and Home

by Jean Harrington

Getting older? Get more supplements!

As you get older, reduced food intake and digestive functioning and dental problems may affect the utilization of nutrients. Nutrition experts suggest that vitamin and mineral supplements might be especially beneficial to you as you age. Sounds like good advice.

Most potent C-Complex!

Vitamin C and bioflavonoids team up to strengthen connective tissue and capillaries. Only Barth's **1000 C-Plex** supplies 1000 mg. Vitamin C (with wild rose hips), 100 mg. citrus bioflavonoids, 50 mg. rutin and 25 mg. hesperidin in a regular size tablet. 100 (#1981-1) now $4.28 (reg. $9.50); 250 (#1981-3) $8.98 (reg. $19.95).

Nutrients that promote healthy eyes!

Each part of your body has special nutritional needs. Vitamin A and Zinc are important for healthy eye tissue. Carotene is converted into Vitamin A in the body as needed. B-2 aids eye function. Barth's combines these and other natural nutrients in **Eye-Vites Softgels** (#1662-1). Order 100 caps for $5.75 (reg. $11.50), or 2x100 for $11.50 (reg. $23.00).

New fiber-nutrient powder that helps curb appetite too!

Medical research has shown the value of fibers such as guar gum, oat bran, pectin and psyllium for cholesterol reduction, improved regularity . . . even appetite control. Barth's new **Citruslim** combines these important fibers with vitamins, Calcium, Beta-Carotene and other nutrients. Mixes easily with water to produce a delicious orange-citrus flavored drink. Taken before meals, you'll enjoy a satisfying sense of fullness that can help you keep or attain your ideal weight. Save $5.50. Order a 42-serving 14.8 oz. can (#1038-1) for just $14.95 (reg. $19.95); or 2 for $29.00 (reg. $39.90).

All-day B supplement for stress!

Your body burns up B vitamins rapidly in times of stress. That's why the body's supply of these anti-stress nutrients should be replenished daily. Barth's **All-Day B-100 Complex** (#1827-1) delivers super potent amounts of 11 B vitamins in a timed release tablet gradually throughout the day, so you always have a good supply. Order 100 for just $8.75 (reg. $17.50); 2x100 for $17.50 (reg. $35.00).

Get twice as much of the trace minerals that make alfalfa seeds so very special!

For years Barth's Alfa-Con, from seeds only, has been the most potent alfalfa supplement—with a higher concentration of trace minerals than ordinary tablets made from leaves and stems. Barth's new **Super Alfa-Con 1000 mg. Tablets**—with double the trace mineral potency—is the ultimate alfalfa formula. Order 500 (#1222-3) for $8.25 (reg. $16.50).

Gas and diarrhea reliever helps reduce cholesterol and triglycerides!

Activated Charcoal soaks up intestinal gases that can cause stomach distress, cramps, gas, diarrhea and their unpleasant odor. Now there's scientific evidence that this natural plant product absorbs cholesterol and triglycerides as well—lowering their amount in the body by a significant amount. Barth's **Charc-All** is 260 mg. (4 gr.) of 100% Activated Charcoal. Non-habit forming, non-narcotic and completely safe as directed. Order 50 Capsules (#1984-1) for just $2.93 (reg. $6.50); 2x50 $5.85 (reg. $13.00).

To order these products use the
order form on page 142, or call
TOLL-FREE 800-645-2328
(in N.Y. 800-553-0353)
on charge card orders of $15 or more.

Jean Harrington

865 Merrick Avenue, Dept. M8L1
Westbury, N.Y. 11590

CoEnzyme Q10 (CoQ) Softgels

The natural "spark" for your heart, body cells, nerves and muscles!

10 mg.—#1701-3—50 Softgels	~~$9.75~~ $3.74	15 mg.—#1017-1—50 Softgels	~~$10.95~~ $4.93
2x50	~~$19.50~~ $7.48	2x50	~~$21.90~~ $9.86

L-TRYPTOPHANE 500 mg. Tablets

Natural aid to induce calm and restful sleep.

#1170-1—60 Tabs .... ~~$14.50~~ $ 6.53

2x60 .... ~~$29.00~~ $13.06

GUAR GUM 1000 mg. Tabs

Natural fiber helps curb appetite, cut cholesterol, promotes colon health.

#1676-1—300 Tabs .... ~~$14.95~~ $ 7.43

2x300 .... ~~$29.90~~ $14.86

Nature's purest Vitamin E—NO Synthetics!

Natural E-COMPLEX Softgels

100% NATURAL-SOURCE VITAMIN E

400 I.U Caps	#1700-3—100	~~$11.75~~	$ 5.29
	#1700-5—250	~~$27.50~~	$12.38
200 I.U. Caps	#1727-1—100	~~$ 7.50~~	$ 3.38

Your best value in high potency fish oil!

OMEGA-3 EPA 1200 Softgels

LIMIT 2

Now get 320 mg. Omega-3 fatty acids per capsule from deep-sea cold water fish.

#1686-1—100 Caps .... ~~$10.50~~ $2.99

2x100 .... ~~$21.00~~ $5.98

NEW

CAL MAG ZINC & BORON

3 tablets contain: Calcium 1000 mg., Boron 3 mg., Magnesium 500 mg., Zinc 15 mg. & Vit. D 300 I.U.

#1014-1

180 Tablets ~~$7.50~~ $5.63 2x180 ~~$15.00~~ $11.25

NEW

ALLERPHED Tabs

Gives quick, temporary relief from allergy & hay fever symptoms. Natural antihistamine formula.

#1692-1—100 Tabs............... ~~$9.50~~ $4.75

2x100 .... ~~$19.00~~ $9.50

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ORDER FORM

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City ____________ State ________ Zip ________

Phone Number (   )____________ Charge Order: ☐ VISA ☐ MasterCard

Charge Card No.____________________ Exp. Date ________

Signature (For Charge Card Orders) ____________________

Prod. #	Qty.	Name of Product	Size	Price	Total

Attach a separate sheet to order additional products. MINIMUM ORDER of $15 on charge orders (due to higher cost of processing) M8L1	Shipping and Delivery	$1.00
	Processing Charge on Orders Under $10 Only	$1.50
	New York and California Residents add applicable sales tax.	
	Amount Enclosed	$

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Please have credit card ready.

100% MONEY BACK GUARANTEE

Thank you for your order. Every item is fully Guaranteed to please you or your money will be refunded at once.

Continued from page 144

another aspect of what we're about. And all the cures we report on are potentially better, safer, less invasive or less expensive than other treatments. These are treatments that can prevent problems.

Perhaps the most interesting of them is known by the deceptively simple term *conditioning*. It sounds like something you do Saturday morning at the gym, but it's actually a revolution in medical care. What it does is literally teach the body to heal itself, when that natural process can't do a job by itself.

In this issue, you will read how conditioning has already been used to help animals fight cancer cells. You will find out how conditioning enables human beings to restore normal blood circulation to hands that could otherwise freeze in cold weather.

And you will probably ask yourself, as I have asked myself, how long it will be until these techniques let us lower blood pressure, nip headaches in the bud and increase mental alertness. Who knows? Maybe we can even condition ourselves to resist doughnuts. Perhaps we will learn to use conditioning as a kind of vaccine, training our bodies to reject both bad habits and illness before either can gain a foothold.

We will keep you posted as new developments in this exciting area unfold.

Until next month,

Mark Bricklin

WHY MEDICAL CARE IS ALSO SELF-CARE

Only you can make these important decisions:

1. Do I need medical attention now? Or should I wait to see what happens?

2. What kind of practitioner should I see? (There could be half a dozen you might see for the same symptoms.)

3. Which individual should I visit?

4. Do I need to seek out another doctor to get a second opinion?

5. Am I satisfied after my first visit?

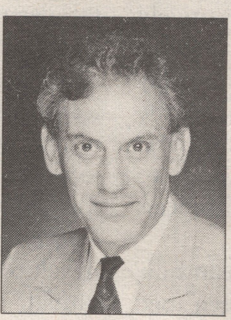
6. Will I take the prescribed medication? Or will I try to second-guess my doctor? If I do take it, is it causing side effects? Do I ignore them, or report them quickly?

7. If more than one treatment is offered, which one do I choose?

8. What should I personally do to make sure the problem doesn't return?

PREVENTION AND CURE: NATURAL PARTNERS

Why most medical care is, in great measure, self-care ■ *by Mark Bricklin, Editor*



ANGELO CAGGIANO

THE PREVENTION System is driven by one underlying philosophy: *No one can do more for your health than you can.*

No one. Because no one can eat for you. No one can exercise for you. No one can think for you. No one can stop smoking for you. And no one can lose weight for you.

The best doctors and dietitians in the world can't do those things for you. Yet, besides sheer heredity, they are the most important determinants of your health.

But we go further. We insist that even most medical care is, in great measure, self-care.

How can we say that? For the simple reason that no one can go to the doctor for you! That act, often the most critical aspect of medical care, is something you must consciously decide to do. It can be a decision that takes considerable knowledge and judgment. Many fail to make that decision at the appropriate time, and pay for it, in the long run, with more than money.

Once at the doctor's office, only you can ask questions. Only you can follow instructions on lifestyle changes, only you can take medication (many fail to do that properly), and only you can report side effects.

You're also often the one who ultimately has to decide if the treatment is working.

So, although we often divide health care into (a) personal practices, and (b) medical care, that is an artificial distinction.

In truth, health care is very much of a unity. And your decisions are what make it happen at every point on the compass.

So, if you're wondering why a magazine named *Prevention* is featuring this month a special section on "Cures," now you know. It's just

Continued on page 143

If You Think This Is The Cutting Edge Of Cancer Treatment, Think Again.

Yes, surgery is one way to fight cancer. But have you, the cancer patient, explored the full range of alternatives available today? American International Hospital has. We offer you effective alternatives in diagnosis and treatment of cancer.

- **Unique Diagnostic Capabilities**—sophisticated diagnostic tools allow us to develop individualized treatment.
- **Whole Body Hyperthermia**—used effectively by American International in treating some breast cancers and tumors. Whole Body Hyperthermia is not widely available elsewhere.
- **Fractional Dose Chemotherapy**—eases damaging effects on the body's immune system.
- **Nutrition**—Individualized assessment and correction of nutritional deficiencies. Nutrition supplementation, when necessary, builds the body's immune system to fight disease.

American International Hospital provides innovative and proven methods of combatting cancer, in what is perhaps the most advanced cancer treatment program in the country.

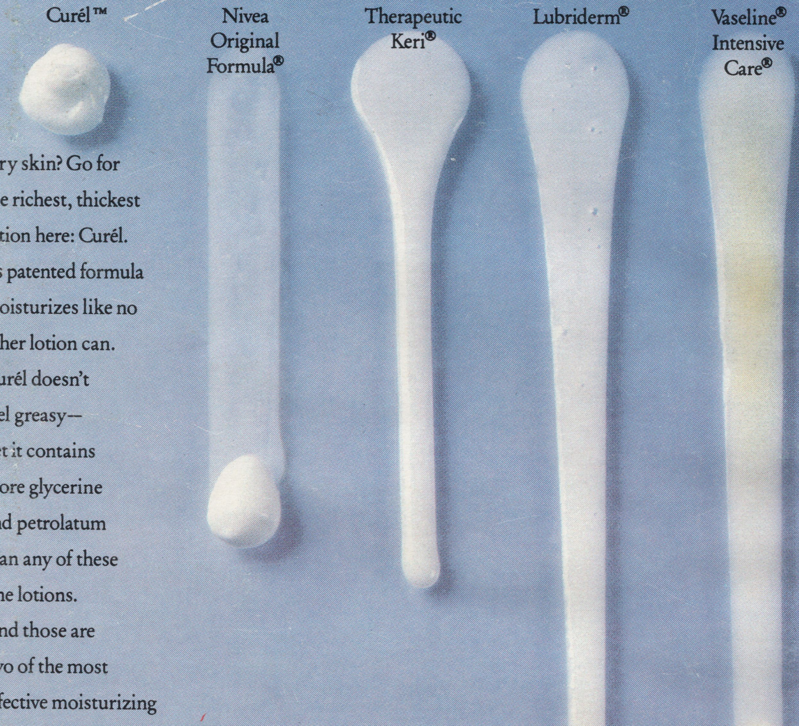
And we're not alone in this belief. Thousands of cancer patients in this country and abroad have sought our help. Why? . . . because we offer effective alternatives. And we offer new hope.

Let us Help!
Call toll free
for our
information packet

1-800-FOR-HELP
(312) 872-8722 in Illinois

American International Hospital and Clinic
ZION, ILLINOIS

Curél and the runners-up


Curél™
Nivea Original Formula®
Therapeutic Keri®
Lubriderm®
Vaseline® Intensive Care®

Dry skin? Go for the richest, thickest lotion here: Curél. Its patented formula moisturizes like no other lotion can. Curél doesn't feel greasy—yet it contains more glycerine and petrolatum than any of these fine lotions. And those are two of the most effective moisturizing ingredients dry skin has ever known. No wonder…

Curél
Moisturizing Lotion
Ends
Dry Skin

Most people agree… Curél ends dry skin.

Curél

Moisturizing Lotion

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